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OFFICE OF EXPERIMENT STATIONS.

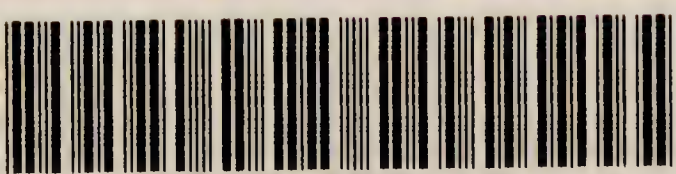
THE CHEMICAL COMPOSITION
OF
AMERICAN FOOD MATERIALS.

BY
W. O. ATWATER, Ph. D.,
AND
CHAS. D. WOODS, B. S.



WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1896.

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LETTER OF TRANSMITTAL.

U. S. DEPARTMENT OF AGRICULTURE,
OFFICE OF EXPERIMENT STATIONS,
Washington, D. C., January 27, 1896.

SIR: I have the honor to transmit herewith a tabular summary of analyses made in the United States of materials used for the food of man, prepared by W. O. Atwater, Ph. D., and Chas. D. Woods, B. S., under instructions from this Office.

Interest in problems relating to the food and nutrition of man is already widespread and sincere. Investigations are now being made on this subject under the auspices of the United States Department of Agriculture, the State of Connecticut, and several experiment stations. Agricultural colleges and other institutions of learning, as well as benevolent organizations and private individuals, are also taking up the work.

The time is not far distant when it will be generally recognized that man should pay at least as much attention to problems relating to his own food as to the study of the food of domestic animals. In connection with studies of the food of man in this country a standard table of analyses of American food products is very much needed. An instance of its value may not be inappropriate. Much work is at present being done to learn the dietary conditions of people in various circumstances in different regions of the country. Often it is possible to gather the needed statistics of food consumed, but for lack of laboratory conveniences it is not possible to analyze each article of food even if adequate samples for analysis could be secured. The nutritive value of dietaries might, however, in such cases be estimated with sufficient accuracy for most purposes from such a table as is contained in this bulletin.

For many years one of the chief authorities on this subject has been König's "Chemie der menschlichen Nahrungs- und Genussmittel." This includes many analyses of American food products, but they are not grouped by themselves nor are they readily available for distinctively American work.

Several American compilations have been made which cover the ground in part. Bulletin No. 11 of this Office, which contains Jenkins and Winton's "Compilation of Analyses of American Feeding Stuffs," includes many analyses of corn, flour, and similar products. The first

extended series of investigations of American food products was made in the years 1878-1881 by Professor Atwater under the auspices of the United States Fish Commission. This included a large number of analyses of food fishes and invertebrates. In connection with this work, analyses of meats and other food materials were made under the auspices of the Smithsonian Institution. The first accurate investigations of the chemical and economical statistics of food consumption in the United States were undertaken in the year 1886 by Carroll D. Wright, chief of the Massachusetts Bureau of Labor and Statistics, now United States Commissioner of Labor, in cooperation with Professor Atwater. Many analyses have also been made as part of the chemical work of the Storrs Agricultural Experiment Station in Connecticut, which has cooperated with the United States Department of Labor in dietary studies. The result of all this work was embodied in a table published in Bulletin 21 of this Office and reprinted in the Yearbook of this Department for 1894.

A large number of specimens of food have since been analyzed, in connection with studies of dietaries and otherwise, in New England, New York, New Jersey, Pennsylvania, Indiana, Missouri, Tennessee, Alabama, and Illinois (Chicago). The Division of Chemistry of this Department has analyzed a considerable number and others have accumulated in various ways. The most extended investigation in this line was performed at the instance of the World's Columbian Commission under the direction of Professor Atwater. Some five hundred specimens of food products collected at the World's Fair were analyzed at Chicago or at Middletown, Conn. The details still await publication, but the final results have been included with others in the present compilation.

In the present publication it is the intention to give the maximum, minimum, and average of all the analyses which have been made of American food products up to date, excepting butter and other dairy products. The ground has been thoroughly gone over and upward of 2,600 analyses have been compiled. As a necessary basis for this table the individual analyses have been collated in detail and will be available for publication hereafter. The number of analyses of butter and other dairy products is so great, and the literature of the subject is so large, that a compilation of the results may be appropriately taken up in a special publication.

In the present form the standard table of food analyses is more complete and satisfactory than any similar table which has preceded it, and I respectfully recommend its publication as Bulletin No. 28 of this Office.

A. C. TRUE,
Director.

Hon. J. STERLING MORTON,
Secretary of Agriculture.

THE CHEMICAL COMPOSITION OF AMERICAN FOOD MATERIALS.

INTRODUCTION.

Until about the year 1880 those who wished to know about the chemical composition and nutritive values of food materials were compelled to depend upon analyses of European products, and most of those analyses had been made in German laboratories. Of late, American investigations have accumulated and the results have been collated from time to time. The tables of composition of American food products, embraced in this publication, embody such analyses as the compilers have been able to find on record up to July 1, 1895. The individual analyses in most cases have not been given, but only the maximum, minimum, and average figures. This table is intended to replace previous ones and to serve as a standard for reference until it shall, in its turn, be replaced by larger and more complete compilations.

BRIEF HISTORY OF FOOD ANALYSIS.

The first effective impulse to the systematic investigation of the chemistry of food was given by Liebig some fifty years ago. Nearly all of our definite knowledge of the chemical composition of food materials and their nutritive value, however, has accumulated within comparatively a few years past. The earliest European analyses made in such ways as to render them comparable with those of to-day are perhaps those of milk by Boussingault and Le Bel, reported in 1831. The methods of analysis at that time were naturally imperfect. Then, and for some years afterwards, the chief stress was laid upon the proportions of carbon and nitrogen. Liebig and his followers, Playfair, Boeckman, and others, in the forties and later, analyzed a considerable number of foods and feeding stuffs by methods more or less analogous to those now followed. It was not until the so-called Weende method, as proposed by Henneberg, came into general use about 1864 that any considerable number of chemists undertook a systematic study of food materials from the standpoint of their nutritive values. The Weende method has been used for some thirty years in Europe, America, and Asia. Individual investigators and associations of chemists have studied its details and devised ways by which it might be improved. Minor alterations have been adopted, and in several countries details have been agreed on officially by organizations representing experiment stations and Gov-

ernment officers charged with the responsibility of making analyses in the interests of the public. The methods followed in different countries agree so closely that for the last twenty years it has been possible to accept analyses by chemists in different parts of the world and compare them one with another without hesitation. The first analyses made by modern methods in the United States were a series of analyses of Indian corn in 1869.¹ Excepting the investigations of Professor Storer, at the Bussey Institute, little work in this line was done until the establishment of the experiment stations. Since that time a large number of analyses have been made. Jenkins and Winton's "Compilation of Analyses of American Feeding Stuff's" includes analyses of grain and vegetables and is complete up to 1891. A very large number of analyses of food fishes, oysters, etc., have been published. Many analyses of meat, flour, etc., have been made in connection with dietary studies. In the present compilation the results of all these have been included, as well as the analyses of some 500 specimens of food made at the instance of the World's Columbian Commission and not yet published in detail.

Up to the present time no standard work has existed in English giving the results of American analyses of American materials used as the food of man. König's classic compilation² includes many of them, but they do not form a chapter by themselves. They are included in the average of results from many other sources, but are not readily available for American work.

CONTENTS OF THE TABLE OF ANALYSES.

The following tabular statement shows the number of specimens of each of the several classes of foods included in this compilation. The vegetable food materials include all those used for the food of man, of which analyses are given in Jenkins and Winton's compilation, and all the others that we have been able to find since that compilation was made. The "preserved" specimens were salted, pickled, canned, and other preserved meats, fish, milk, vegetables, and the like. The analyses of meats include analyses of whole sides, which were divided into "cuts," each "cut" being analyzed separately. The number of sides thus analyzed were: Beef, 12; veal, 6; lamb, 3; mutton, 32; pork, 3; total, 56.

In collating the material for the present compilation we have used the results of over 1,000 unpublished analyses by ourselves and associates.

No attempt has been made to collect here all of the published analyses of milk and butter. Such a task would be difficult because of the large number of analyses made for inspection and otherwise, and the

¹On the proximate Composition of Several Varieties of American Maize, by W. O. Atwater, American Journal of Science and Arts, XLVII, Nov., 1869.

²Chemie der menschlichen Nahrungs- und Genussmittel.

number and diversity of the publications in which they are scattered. The figures in the table are estimates based on the data conveniently at hand, and suffice to show the range of variation and the average composition.

Number of analyses of specimens of American foods included in the compilation from which the figures in the table of composition of foods were obtained.

Food materials.	Fresh specimens.	Preserved specimens.	Total.
ANIMAL FOODS.			
Beef.....	336	78	414
Veal.....	88	88
Lamb.....	13	1	14
Mutton.....	77	2	79
Pork.....	61	71	132
Sausage.....	41
Fish.....	109	31	140
Shellfish, etc.....	61	10	71
Fowl.....	20	4	24
Eggs.....	39
Cheese.....	87
Condensed milk.....	7
Soups.....	26	26
Miscellaneous.....	14
Total animal food materials.....	1, 176
VEGETABLE FOODS.			
<i>Cereals, sugar, etc.</i>			
Barley meal.....	7	7
Buckwheat flour, etc.....	15	15
Corn meal, etc.....	25	25
Oat meal, etc.....	24	24
Rice.....	20	20
Rye flour and meal.....	7	7
Wheat flour.....	191	191
Other wheat preparations.....	35	35
Bread, crackers, cake, etc.....	184	184
Sugars, starches, etc.....	113	113
Total cereals, sugar, etc.....	621	621
<i>Vegetables.</i>			
Beets, turnips, and other roots.....	72	3	75
Beans and peas.....	33	159	192
Potatoes.....	75	75
Sweet potatoes.....	88	2	90
Other vegetables.....	65	114	179
Total vegetables.....	333	278	611
<i>Fruits, etc.</i>			
Fruits, nuts, etc.....	47	36	83
Fruits incompletely analyzed.....	76	5	81
Total fruits, nuts, etc.....	123	41	164
Total vegetable food materials.....	1, 396
Total food materials.....	2, 572

It thus appears that not far from 2,600 analyses of American food products, exclusive of butter and milk, are now available. These give a tolerably fair idea of the range of variation and the average composition of the more important food materials used for the food of man in the United States. More analyses are of course desirable, but they will naturally accumulate in connection with food investigations and dietary studies now being carried on. It is perhaps hardly worth while at present to make more analyses of the more common materials—as meat, flour, and the like—except in so far as they will have use in

connection with such studies. There are, however, some classes of materials—as canned foods and fish—of which further analyses might be made with advantage simply to learn more of their nutritive value.

EXPLANATIONS OF TERMS.

COMPOSITION OF FOOD MATERIALS.

Ordinary food materials, such as meat, fish, eggs, potatoes, wheat, etc., consist of—

Refuse.—As the bones of meat and fish, shells of shellfish, skin of potatoes, bran of wheat, etc.

Edible portion.—As the flesh of meat and fish, the white and yolk of eggs, wheat flour, etc. The edible portion consists of *water* and *nutritive ingredients* or *nutrients*.

The principal kinds of nutritive ingredients are *protein*, *fats*, *carbohydrates*, and *ash* or *mineral matters*.

The water and refuse of various foods and the salt of salted meat and fish are called nonnutrients. In comparing the values of different food materials for nourishment they are left out of account.

Protein.—Protein is commonly obtained by multiplying the total nitrogen by 6.25.¹ It includes three principal classes of substances:

(1) Proteids, including (*a*) albuminoids: e. g., albumen of eggs; myosin, the basis of muscle (lean meat); the albuminoids which make up the gluten of wheat, etc., and (*b*) gelatinoids, constituents of connective tissue which yield gelatin and allied substances, e. g., collagen of tendon, ossein of bone.

(2) “Nitrogenous extractives” or meat basis of flesh, i. e., of meats and fish. These include creatin and allied compounds, and are the chief ingredients of beef tea and most meat extracts.

(3) Amids. This term is frequently applied to the nitrogenous non-albuminoid compounds of vegetable foods and feeding stuffs, among which are amido-acids, such as aspartic acid and asparagin. Some of them are more or less allied in chemical constitution to the nitrogenous extractives of muscle.

Fats.—Under fats is included the total ether extract. Familiar examples of fat are fat of meat, fat of milk, oil of corn, wheat, etc. The ingredients of the “ether extract” of animal and vegetable foods and feeding stuffs, which it is customary to group together roughly as fats, include with the true fats various other substances, as lecithins and chlorophylls.

Carbohydrates.—Carbohydrates are usually determined by difference, and include sugars, starches, cellulose, gums, woody fiber, etc.

Ash or *mineral matters* include potassium, sodium, calcium, and magnesium chlorids, sulphates, and superphosphates.

¹In the flesh of meats and fish, which contain practically no carbohydrates, the figures given in the table for protein were obtained by difference, that is, by adding the percentages of water, fat, and ash, and subtracting from 100.

Fuel value.—Fuel value represents the number of calories of heat which one pound of a given material would yield upon combustion, allowance being made for the nitrogenous products of metabolism of protein compounds which are not consumed in the body.

CUTS OF MEATS.

The methods of cutting sides of beef, mutton, and veal and pork into parts and the terms used for the “cuts,” as these parts are commonly called, vary in different localities. The terms here used will be made more clear by the following diagrams:¹

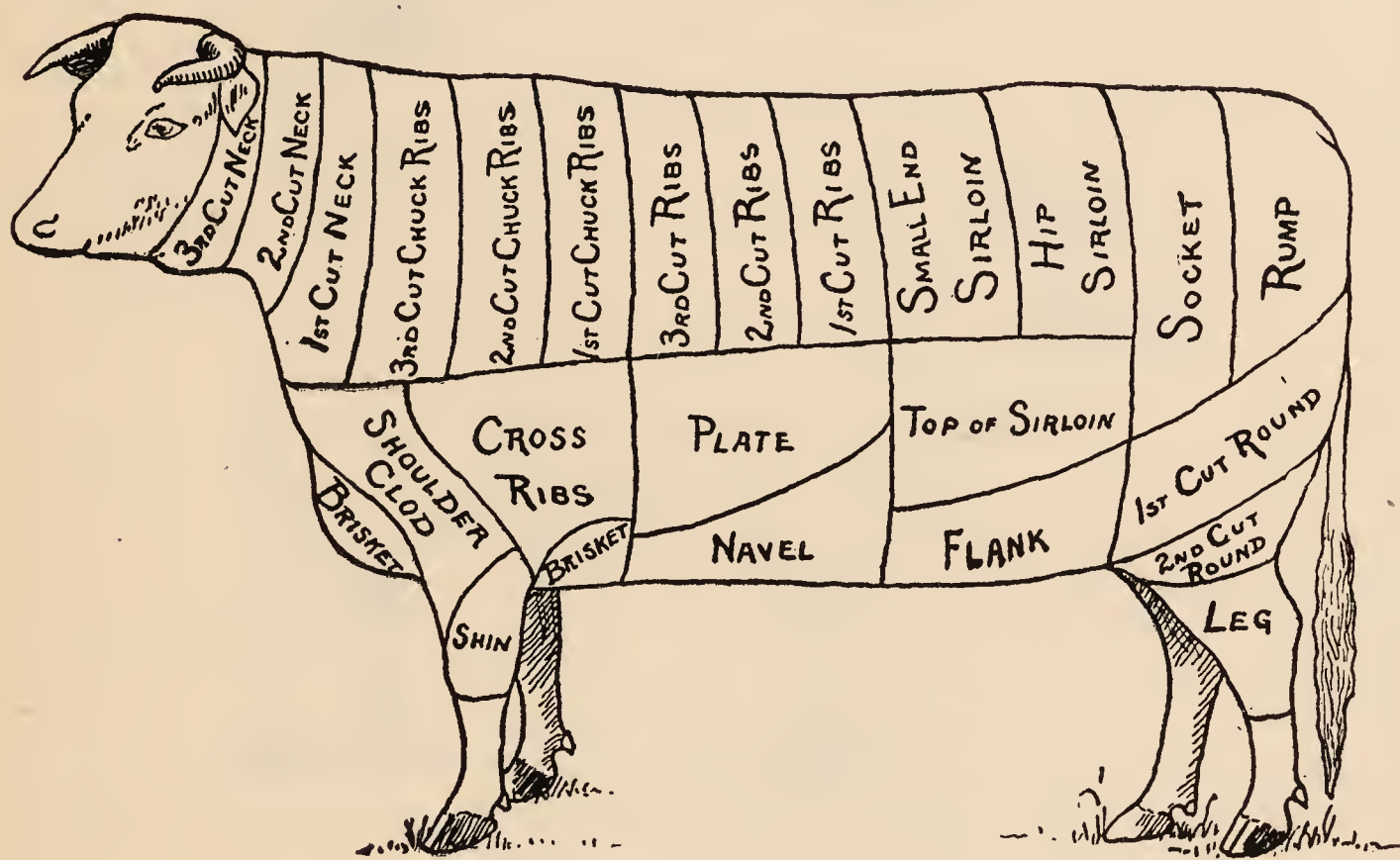


FIG. 1.—Diagram of cuts of beef.

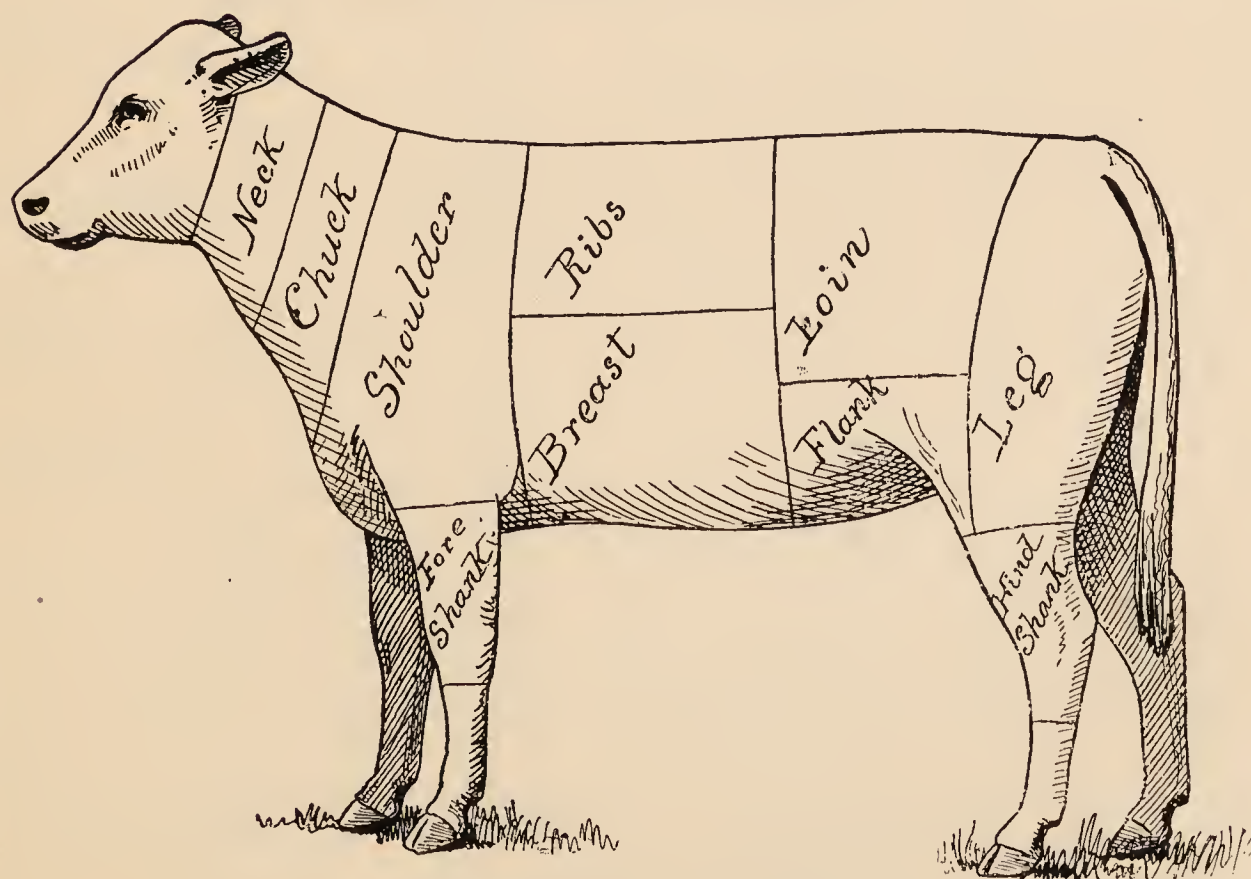


FIG. 2.—Diagram of cuts of veal.

¹ From Farmers' Bulletin No. 34.

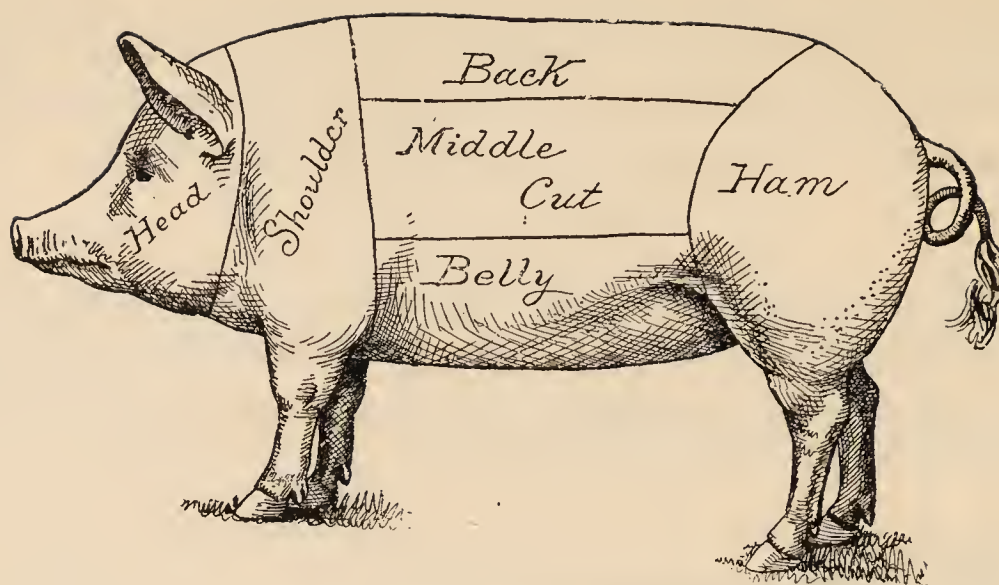


FIG. 3.—Diagram of cuts of pork.

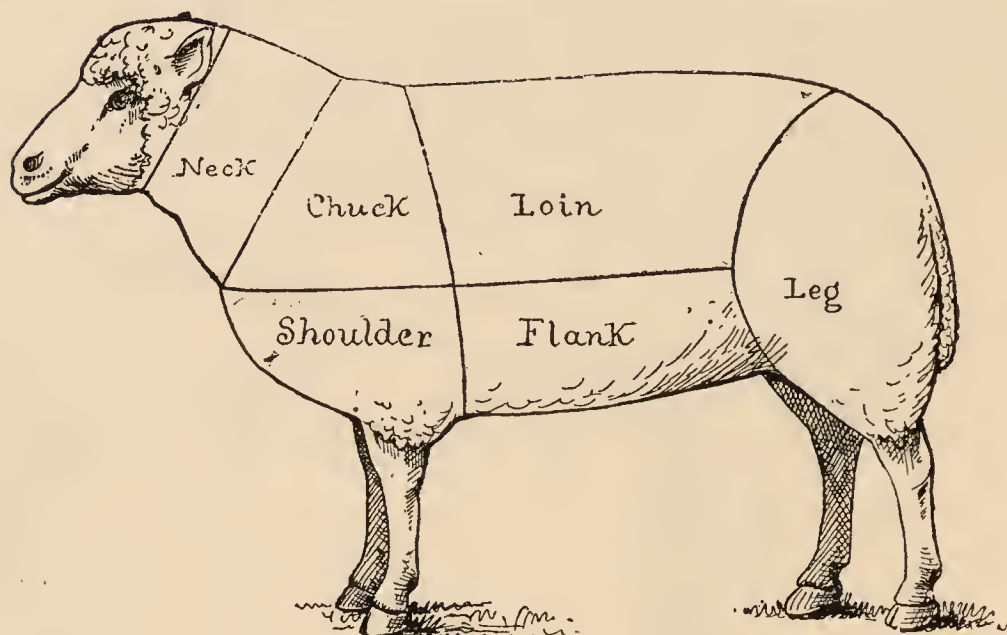


FIG. 4.—Diagram of cuts of mutton.

COMPOSITION OF AMERICAN FOOD PRODUCTS.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD.									
Beef, fresh.									
Brisket:			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Medium fat.	Edible portion.....	1	47.4	14.6	37.2	0.8	1,840
	As purchased.....	1	14.3	40.6	12.5	31.97	1,580
Chuck, including shoulder:									
Very lean...	Edible portion .	Min ..	2	71.7	19.6	3.9	560
		Max..	2	73.8	21.3	7.7	690
		Avg..	2	72.8	20.4	5.8	625
	As purchased ..	Min ..	2	17.4	59.2	16.2	3.2	460
		Max..	2	18.4	60.2	17.4	6.4	570
		Avg..	2	17.9	59.7	16.8	4.8	515
Lean.....	Edible portion .	Min ..	9	69.8	19.4	5.8	615
		Max..	9	73.4	20.5	9.0	755
		Avg..	9	71.2	19.9	7.8	700
	As purchased ..	Min ..	9	18.1	47.6	14.3	4.5	475
		Max..	9	33.1	58.3	16.8	7.6	635
		Avg..	9	23.7	54.3	15.2	6.0	535
Medium fat.	Edible portion .	Min ..	7	64.3	18.0	9.5	770
		Max..	7	69.7	19.8	15.2	1,005
		Avg..	7	67.8	19.0	12.3	870
	As purchased ..	Min ..	7	10.5	46.3	14.0	7.7	625
		Max..	7	28.1	60.3	16.8	12.4	815
		Avg..	7	17.0	56.3	15.7	10.2	720
Fat	Edible portion .	Min ..	4	59.9	17.7	17.1	1,050
		Max..	4	64.2	18.2	21.1	1,230
		Avg..	4	62.3	18.0	18.8	1,125
	As purchased ..	Min ..	3	12.0	48.4	14.7	14.8	915
		Max..	3	19.2	55.9	16.0	17.1	995
		Avg..	3	14.7	53.3	15.4	15.9	955
Very fat....	Edible portion .	Min ..	2	50.7	16.6	26.1	1,425
		Max..	2	55.7	17.3	31.9	1,655
		Avg..	2	53.2	16.9	29.0	1,540
	As purchased ..	Min ..	2	11.2	36.5	11.3	17.1	930
		Max..	2	34.5	45.0	14.8	28.3	1,470
		Avg..	2	22.8	40.8	13.0	22.7	1,200
All analyses	Edible portion..	Min ..	24	50.7	16.6	3.9	560
		Max..	24	73.8	21.3	31.9	1,615
		Avg..	24	67.3	19.1	12.6	885
	As purchased ..	Min ..	23	10.5	36.5	11.3	3.2	460
		Max..	23	34.5	60.3	17.4	28.3	1,470
		Avg..	23	19.9	54.1	15.3	9.9	705
Chuck ribs:									
Lean.....	Edible portion.....	1	66.2	18.0	14.8	1.0	960
	As purchased.....	1	9.8	59.7	16.3	13.39	865
Medium fat.	Edible portion .	Min ..	4	52.8	16.1	20.1	1,175
		Max..	4	61.4	19.0	30.3	1,580
		Avg..	4	57.3	17.4	24.4	1,355
	As purchased ..	Min ..	4	5.4	45.7	13.5	17.7	1,035
		Max..	4	19.7	54.4	15.6	28.6	1,490
		Avg..	4	13.8	49.3	15.0	21.1	1,170
Fat	Edible portion.....	1	51.3	16.0	32.07	1,650
	As purchased.....	1	15.0	43.6	13.6	27.26	1,400
All analyses	Edible portion .	Min ..	6	51.3	16.0	14.8	960
		Max..	6	66.2	19.0	32.0	1,650
		Avg..	6	57.8	17.3	24.0	1,335
	As purchased ..	Min ..	6	5.4	43.6	13.5	13.3	865
		Max..	6	19.7	59.7	16.3	27.2	1,400
		Avg..	6	12.3	50.1	15.0	20.8	1,155
Flank:									
Very lean...	Edible portion.....	1	69.6	21.2	8.39	745
	As purchased.....	1	.7	69.2	21.0	8.29	735
Lean	Edible portion .	Min ..	2	66.0	19.4	12.4	895
		Max..	2	67.0	20.0	13.7	940
		Avg..	2	66.3	19.7	13.0	915
	As purchased ..	Min ..	2	2.0	64.5	19.0	12.1	875
		Max..	2	2.3	65.3	19.6	13.2	910
		Avg..	2	2.1	64.9	19.3	12.7	895

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
Beef, fresh—Continued.											
Flank—Continued.				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Medium fat.	{	Edible portion .	Min ..	4	57.4	17.4	18.78	1,130	
		{	Max ..	4	62.2	18.2	24.39	1,350	
			Avg ..	4	59.8	17.9	21.58	1,240	
	{		As purchased ..	Min ..	4	1.1	52.3	15.7	18.58
		{	Max ..	4	11.8	61.4	18.0	24.09	1,330
			Avg ..	4	3.8	57.5	17.2	20.78	1,195
Fat	{		Edible portion .	Min ..	3	53.5	15.4	27.28	1,465
		{	Max ..	3	54.9	17.4	30.38	1,565	
			Avg ..	3	54.2	16.6	28.48	1,505	
	{		As purchased ..	Min ..	2	1.7	49.1	14.2	26.77
		{	Max ..	2	8.3	53.9	16.9	27.78	1,435
			Avg ..	2	5.0	51.5	15.6	27.27	1,435
Very fat	{		Edible portion .	Min ..	2	27.4	12.0	43.87	2,100
		{	Max ..	2	41.9	13.6	59.97	2,750	
			Avg ..	2	34.7	12.8	51.87	2,425	
	{		As purchased ..	Min ..	2	.4	24.3	10.6	43.66
		{	Max ..	2	11.5	41.8	13.5	53.07	2,435
			Avg ..	2	6.0	33.0	12.0	48.37	2,260
All analyses	{		Edible portion .	Min ..	12	27.4	12.0	8.37	745
		{	Max ..	12	69.6	21.2	59.9	1.0	2,750	
			Avg ..	12	56.1	17.3	25.88	1,410	
	{		As purchased ..	Min ..	11	.4	24.3	10.6	8.26
		{	Max ..	11	17.8	69.2	21.0	53.0	1.0	2,435
			Avg ..	11	3.8	54.4	16.7	24.38	1,335
Loin:											
Very lean...	{	Edible portion	1	71.3	18.7	9.0	1.0	730		
		As purchased	1	20.4	56.8	14.9	7.27	580	
Lean.....	{	Edible portion .	Min ..	12	63.1	13.1	11.57	730	
		{	Max ..	12	74.7	23.1	15.0	1.2	990	
			Avg ..	12	67.0	19.3	12.7	1.0	895	
	{		As purchased ..	Min ..	11	6.7	52.1	15.4	10.06
		{	Max ..	11	21.0	66.2	19.8	13.0	1.0	860
			Avg ..	11	13.1	58.2	16.7	11.19	780
Medium fat.	{		Edible portion .	Min ..	28	56.5	10.6	16.15	1,030
		{	Max ..	28	68.3	20.2	23.7	2.2	1,350	
			Avg ..	28	60.5	18.3	20.2	1.0	1,190	
	{		As purchased ..	Min ..	28	4.1	44.4	8.5	13.74
		{	Max ..	28	22.1	58.1	19.0	22.7	1.9	1,290
			Avg ..	28	13.0	52.6	15.9	17.69	1,040
Fat	{		Edible portion .	Min ..	6	52.1	15.8	25.18	1,375
		{	Max ..	6	56.9	17.8	29.69	1,560	
			Avg ..	6	54.7	16.8	27.69	1,475	
	{		As purchased ..	Min ..	6	5.9	44.3	13.8	23.67
		{	Max ..	6	15.0	53.6	16.1	25.99	1,380
			Avg ..	6	10.2	49.2	15.8	24.08	1,305
Very fat	{		Edible portion .	Min ..	2	51.1	16.3	31.58	1,635
		{	Max ..	2	51.3	16.5	31.69	1,635	
			Avg ..	2	51.2	16.4	31.59	1,635	
	{		As purchased ..	Min ..	2	3.6	45.2	14.4	27.87
		{	Max ..	2	11.9	49.2	15.9	30.49	1,580
			Avg ..	2	7.8	47.2	15.1	29.18	1,510
All analyses	{		Edible portion .	Min ..	49	51.1	10.6	9.05	730
		{	Max ..	49	74.7	23.1	31.6	2.2	1,635	
			Avg ..	49	61.2	18.3	19.5	1.0	1,160	
	{		As purchased ..	Min ..	48	3.6	44.3	8.5	7.24
		{	Max ..	48	22.1	66.2	19.8	30.4	1.9	1,580
			Avg ..	48	12.6	53.3	15.9	17.39	1,025
Loin, boneless strip:											
Very lean, as purchased.....			1	77.2	18.0	4.08	500		
Lean, as purchased.....			1	66.3	20.5	12.2	1.0	895		
Medium fat, as purchased.....	{	Min ..	2	55.6	19.3	19.2	1.0	1,170		
		{	Max ..	2	60.5	22.7	20.5	1.2	1,285	
			Avg ..	2	58.1	21.0	19.8	1.1	1,230	
Fat, as purchased.....			1	53.6	16.8	28.88	1,530		
Very fat, as purchased.....			1	50.9	16.0	32.47	1,665		
All analyses, as purchased.....	{	Min ..	6	50.9	18.0	4.07	500		
		{	Max ..	6	77.2	22.7	32.4	1.2	1,665	
			Avg ..	6	60.7	18.9	19.59	1,175	
Loin, sirloin butt:											
Very lean, as purchased.....			1	72.1	20.5	6.4	1.0	650		
Lean, as purchased.....			1	68.5	19.8	10.7	1.0	820		
Medium fat, as purchased.....	{	Min ..	2	60.4	18.9	14.79	995		
		{	Max ..	2	63.7	20.5	19.8	1.1	1,190	
			Avg ..	2	62.1	19.7	17.2	1.0	1,095	
Fat, as purchased.....			1	58.6	17.1	23.58	1,310		

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Beef, fresh</i> —Continued.								
Loin, sirloin butt—Continued.		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Very fat, as purchased.....	1	51.6	16.6	31.08	1,615
All analyses, as purchased....	{ Min ..	6	51.6	16.6	6.48	650
	{ Max ..	6	72.1	20.5	31.0	1.1	1,615
	{ Avg ..	6	62.5	18.9	17.79	1,100
Loin, tenderloin:								
Lean, as purchased.....	{ Min ..	2	62.6	16.7	17.29	1,055
	{ Max ..	2	64.2	17.6	19.8	1.0	1,145
	{ Avg ..	2	63.4	17.2	18.59	1,100
Medium fat, as purchased.....	{ Min ..	4	53.5	11.3	21.66	1,120
	{ Max ..	4	66.5	16.9	29.98	1,545
	{ Avg ..	4	57.1	14.8	27.38	1,430
All analyses, as purchased....	{ Min ..	6	53.5	11.3	17.26	1,055
	{ Max ..	6	64.2	17.6	29.9	1.0	1,545
	{ Avg ..	6	59.2	15.6	24.48	1,320
Loin, top of sirloin:								
Medium fat. { Edible portion	1	42.2	13.3	43.78	2,090
{ As purchased.....	1	3.2	40.9	12.9	42.37	2,025
Loin, trimmings:								
Lean.....	{ Edible portion.. { Min ..	2	65.3	18.8	13.69	925
	{ Max ..	2	66.7	18.8	15.09	985
	{ Avg ..	2	66.0	18.8	14.39	955
	{ As purchased .. { Min ..	2	31.9	10.9	3.22	165
	{ Max ..	2	83.2	45.4	12.86	630
	{ Avg ..	2	57.6	28.1	8.04	400
Medium fat. { Edible portion	1	54.5	15.9	28.79	1,505
	{ As purchased.....	1	38.0	33.7	9.96	935
Fat	{ Edible portion.. { Min ..	3	45.8	14.4	36.07	1,785
	{ Max ..	3	48.9	14.8	38.68	1,905
	{ Avg ..	3	47.7	14.6	36.98	1,830
	{ As purchased .. { Min ..	3	31.6	12.2	4.02	510
	{ Max ..	3	73.3	33.2	10.05	1,230
	{ Avg ..	3	46.6	25.7	7.84	965
All analyses { Edible portion.. { Min ..	6	45.8	14.4	13.67	925
	{ Max ..	6	66.7	18.8	36.99	1,830
	{ Avg ..	6	55.0	16.2	28.08	1,480
	{ As purchased .. { Min ..	6	31.6	10.9	3.22	165
	{ Max ..	6	83.2	45.4	12.86	1,230
	{ Avg ..	6	48.8	27.9	8.24	775
Navel.....	{ Edible portion	1	47.6	15.1	36.58	1,820
	{ As purchased.....	1	11.4	42.2	13.47	1,610
Neck:								
Very lean ..	{ Edible portion	1	71.8	22.3	4.9	1.0	625
	{ As purchased.....	1	35.2	46.5	14.56	405
Lean	{ Edible portion	1	71.0	20.0	8.0	1.0	710
	{ As purchased.....	1	29.0	50.4	14.27	505
Medium fat. { Edible portion.. { Min ..	10	60.5	18.4	11.58	850
	{ Max ..	10	67.9	20.4	19.8	1.1	1,185
	{ Avg ..	10	63.4	19.2	16.59	1,055
	{ As purchased .. { Min ..	10	19.5	37.8	12.45	665
	{ Max ..	10	37.5	50.8	16.08	890
	{ Avg ..	10	27.6	45.9	13.97	760
All analyses { Edible portion.. { Min ..	12	60.5	18.4	4.98	625
	{ Max ..	12	71.8	22.3	19.8	1.1	1,185
	{ Avg ..	12	64.8	19.5	14.89	990
	{ As purchased .. { Min ..	12	19.5	37.8	12.45	405
	{ Max ..	12	37.5	50.8	16.08	890
	{ Avg ..	12	28.4	46.3	13.97	710
Plate:								
Very lean....	{ Edible portion.. { Min ..	2	67.0	19.8	10.69	815
	{ Max ..	2	68.7	20.0	11.9	1.1	875
	{ Avg ..	2	67.9	19.9	11.2	1.0	840
	{ As purchased .. { Min ..	2	18.3	47.1	14.18	610
	{ Max ..	2	29.7	56.1	16.18	665
	{ Avg ..	2	24.0	51.6	15.18	640
Lean	{ Edible portion.. { Min ..	3	60.8	8.6	16.54	855
	{ Max ..	3	74.5	17.8	20.89	1,205
	{ Avg ..	3	65.9	14.6	18.87	1,065
	{ As purchased .. { Min ..	3	15.7	51.3	6.93	685
	{ Max ..	3	19.8	59.8	14.97	1,015
	{ Avg ..	3	17.3	54.4	12.26	880
Medium fat. { Edible portion.. { Min ..	6	48.7	14.7	25.07	1,360
	{ Max ..	6	57.5	16.7	35.69	1,780
	{ Avg ..	6	53.5	15.6	30.18	1,560
	{ As purchased .. { Min ..	6	13.1	42.2	20.46	1,120
	{ Max ..	6	18.3	49.0	30.97	1,545
	{ Avg ..	6	15.2	45.4	13.27	1,320

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
<i>Beef, fresh</i> —Continued.										
Plate—Continued.				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Fat	Edible portion	Min ..	2	44.4	12.4	39.47	1,950
		Max ..	2	45.0	15.4	41.98	2,000
		Avg ..	2	44.7	13.9	40.77	1,975
	As purchased ..	Min ..	2	15.0	36.4	10.6	32.45	1,600
		Max ..	2	17.9	38.3	12.6	35.67	1,700
Avg ..		2	16.5	37.3	11.6	34.06	1,650	
Very fat	Edible portion	1	34.6	9.8	55.15	2,505	
	As purchased	1	9.0	31.4	8.9	50.25	2,285	
All analyses	Edible portion	Min ..	14	34.6	8.6	10.64	815
		Max ..	14	68.7	20.0	55.1	1.1	2,505
		Avg ..	14	55.6	15.4	28.28	1,475
	As purchased ..	Min ..	14	9.0	31.4	6.9	8.33	610
		Max ..	14	29.7	59.8	16.1	50.28	2,285
Avg ..		14	16.7	46.0	12.7	23.97	1,245	
Ribs:										
Very lean...	Edible portion	1	72.6	21.1	5.67	630	
	As purchased	1	26.7	53.2	15.5	4.15	460	
Lean.....	Edible portion	Min ..	6	66.0	16.9	9.88	780
		Max ..	6	69.5	20.8	14.0	1.0	945
		Avg ..	6	67.9	19.1	12.0	1.0	860
	As purchased ..	Min ..	6	12.8	46.7	12.4	6.86	530
		Max ..	6	32.6	60.7	17.1	11.09	745
Avg ..		6	22.6	52.6	14.8	9.37	670	
Medium fat.	Edible portion	Min ..	14	49.9	15.9	18.08	1,095
		Max ..	14	63.0	18.0	32.9	1.1	1,690
		Avg ..	14	55.4	16.9	26.89	1,445
	As purchased ..	Min ..	14	15.3	40.2	12.0	12.84	780
		Max ..	14	28.7	49.9	14.6	26.59	1,360
Avg ..		14	20.8	43.8	13.4	21.37	1,150	
Fat	Edible portion	Min ..	8	47.4	14.8	33.96	1,715
		Max ..	8	50.2	16.5	36.88	1,830
		Avg ..	8	48.1	15.4	35.87	1,795
	As purchased ..	Min ..	7	.6	34.3	11.0	27.95	1,410
		Max ..	7	24.4	47.8	15.6	39.97	1,890
Avg ..		7	16.1	39.5	12.6	31.26	1,550	
All analyses	Edible portion	Min ..	29	47.4	14.8	5.66	630
		Max ..	29	72.6	20.8	36.8	1.1	1,830
		Avg ..	29	56.6	17.1	25.58	1,395
	As purchased ..	Min ..	28	.6	34.3	11.0	4.14	460
		Max ..	28	32.6	60.7	17.1	39.99	1,890
Avg ..		28	20.2	44.9	13.6	20.67	1,120	
Rib rolls:										
Very lean, as purchased	Min ..	2	73.3	19.6	4.6	1.0	590	
	Max ..	2	74.0	21.1	5.4	1.0	595	
	Avg ..	2	73.7	20.3	5.0	1.0	595	
Lean, as purchased	Min ..	3	67.3	18.5	8.49	730	
	Max ..	3	70.5	20.1	13.3	1.0	905	
	Avg ..	3	69.0	19.5	10.5	1.0	805	
Medium fat, as purchased	Min ..	4	60.7	18.0	15.39	985	
	Max ..	4	65.6	19.1	20.49	1,195	
	Avg ..	4	63.9	18.5	16.79	1,050	
Fat, as purchased	Min ..	2	50.5	16.3	30.58	1,595	
	Max ..	2	52.4	16.6	32.18	1,665	
	Avg ..	2	51.5	16.4	31.38	1,630	
All analyses, as purchased	Min ..	11	50.5	16.3	4.68	590	
	Max ..	11	74.0	21.1	32.1	1.0	1,665	
	Avg ..	11	64.8	18.7	15.69	1,005	
Rib trimmings:										
Very lean...	Edible portion	1	71.6	20.9	6.5	1.0	665	
	As purchased	1	42.6	41.1	12.0	3.76	380	
Medium fat	Edible portion	Min ..	7	49.3	14.3	17.98	1,095
		Max ..	7	62.9	18.3	35.79	1,775
		Avg ..	7	57.4	16.8	25.08	1,370
	As purchased ..	Min ..	7	31.0	30.3	8.8	12.34	710
		Max ..	7	44.8	43.2	12.6	22.06	1,100
Avg ..		7	34.8	37.4	10.9	16.36	890	
Fat	Edible portion	Min ..	2	45.9	13.6	35.47	1,765
		Max ..	2	49.2	14.7	39.87	1,935
		Avg ..	2	47.6	14.1	37.67	1,850
	As purchased ..	Min ..	2	30.1	28.5	8.4	24.84	1,200
		Max ..	2	37.9	34.4	10.2	24.85	1,235
Avg ..		2	34.0	31.5	9.3	24.84	1,220	
Very fat	Edible portion	1	33.9	10.7	54.95	2,515	
	As purchased ..	1	20.9	26.8	8.4	43.54	1,990	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
Rib trimmings—Continued.				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
All analyses	{ Edible portion	Min..	11	33.9	10.7	6.55	665	
		Max..	11	71.6	20.9	54.9	1.0	2,515	
		Avg..	11	54.7	16.1	28.48	1,500	
	{ As purchased..	Min..	11	20.9	26.8	8.4	3.74	380
		Max..	11	44.8	43.2	12.6	43.56	1,990
		Avg..	11	34.1	35.7	10.5	19.25	1,005
Ribs, cross:										
Very lean...	{ Edible portion	1	65.8	18.4	14.99	970	
	{ As purchased	1	12.8	57.4	16.1	13.07	850
Medium fat.	{ Edible portion	1	43.9	13.7	41.68	2,010	
	{ As purchased	1	12.2	38.6	12.0	36.57	1,765
All analyses	{ Edible portion	Min..	2	43.9	13.7	14.98	970	
		Max..	2	65.8	18.4	41.69	2,010	
		Avg..	2	54.9	16.0	28.38	1,490	
	{ As purchased..	Min..	2	12.2	38.6	12.0	13.07	855
		Max..	2	12.8	57.4	16.4	36.57	1,765
		Avg..	2	12.5	48.0	14.1	24.77	1,305
Round:										
Very lean...	{ Edible portion	Min..	4	72.2	22.0	1.3	1.0	465	
		Max..	4	75.4	22.2	4.5	1.2	600	
		Avg..	4	73.6	22.1	3.2	1.1	545	
	{ As purchased..	Min..	4	9.1	59.6	18.3	1.3	1.0	455
		Max..	4	17.4	72.8	21.4	3.7	1.1	525
		Avg..	4	10.2	66.1	19.9	2.8	1.0	490
Lean.....	{ Edible portion	Min..	25	68.6	19.0	5.13	590	
		Max..	25	73.6	22.1	10.0	1.3	795	
		Avg..	25	70.3	20.9	7.7	1.1	715	
	{ As purchased..	Min..	23	4.8	57.2	16.9	4.63	540
		Max..	23	17.3	68.8	20.3	9.4	1.2	735
		Avg..	23	8.8	64.2	18.9	7.1	1.0	650
Medium fat.	{ Edible portion	Min..	16	62.6	18.6	10.69	815	
		Max..	16	68.4	21.6	17.8	1.2	1,095	
		Avg..	16	65.8	19.7	13.5	1.0	935	
	{ As purchased..	Min..	15	3.7	57.6	16.8	10.18	780
		Max..	15	11.2	65.9	19.9	16.6	1.0	1,025
		Avg..	15	7.7	60.7	18.1	12.69	870
Fat, as purchased.....			1	57.8	18.9	22.3	1.0	1,295	
Very fat....	{ Edible portion	1	56.8	17.6	24.79	1,370	
	{ As purchased.....	1	6.4	53.2	16.5	23.18	1,280
All analyses	{ Edible portion	Min..	47	56.8	17.6	1.33	465	
		Max..	47	75.4	22.2	24.7	1.3	1,370	
		Avg..	47	68.5	20.4	10.0	1.1	800	
	{ As purchased..	Min..	44	3.7	53.2	16.5	1.33	455
		Max..	44	17.4	72.8	21.4	23.1	1.2	1,280
		Avg..	44	8.5	63.0	18.7	8.8	1.0	720
Round steak, second cut:										
Medium fat.	{ Edible portion	1	69.5	20.6	8.6	1.3	745	
	{ As purchased.....	1	32.1	47.2	14.0	5.89	505
Rump:										
Very lean...	{ Edible portion	Min..	4	67.4	21.2	3.2	1.1	535	
		Max..	4	74.2	21.5	10.0	1.2	820	
		Avg..	4	70.0	21.4	7.4	1.2	710	
	{ As purchased..	Min..	4	9.9	57.6	17.8	2.9	1.0	480
		Max..	4	17.3	67.8	21.2	9.8	1.1	810
		Avg..	4	7.5	64.7	19.8	6.9	1.1	660
Lean.....	{ Edible portion	Min..	2	62.1	19.2	10.5	1.0	820	
		Max..	2	68.3	20.2	17.7	1.0	1,105	
		Avg..	2	65.2	19.7	14.1	1.0	960	
	{ As purchased..	Min..	2	9.0	46.8	13.8	7.27	560
		Max..	2	31.5	56.5	17.5	16.19	1,005
		Avg..	2	20.2	51.7	15.7	11.68	780
Medium fat.	{ Edible portion	Min..	8	53.8	15.8	20.38	1,190	
		Max..	8	60.9	17.9	29.69	1,545	
		Avg..	8	56.7	16.8	25.69	1,395	
	{ As purchased..	Min..	8	6.6	39.9	11.5	15.36	895
		Max..	8	27.8	52.6	15.3	25.08	1,335
		Avg..	8	21.4	44.5	13.2	20.27	1,095
Fat.....	{ Edible portion	Min..	4	45.2	14.5	33.67	1,710	
		Max..	4	49.9	15.7	39.48	1,935	
		Avg..	4	48.1	14.9	36.37	1,810	
	{ As purchased..	Min..	4	17.9	34.3	10.8	23.15	1,175
		Max..	4	31.3	39.7	12.1	32.36	1,590
		Avg..	4	23.2	36.9	11.4	27.96	1,390
Very fat....	{ Edible portion	1	40.2	14.7	44.38	2,145	
	{ As purchased.....	1	16.2	33.7	12.3	37.26	1,800

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
Rump—Continued.										
All analyses	Edible portion.	Min..	19	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
		Max..	19	40.2	14.5	3.27	535	
		Avg..	19	74.2	21.5	36.3	1.2	1,810	
	As purchased..	Min..	19	57.7	17.6	23.89	1,330	
		Max..	19	6.6	34.3	10.8	2.96	480
		Avg..	19	31.5	67.8	21.2	32.3	1.1	1,590
			19	18.5	47.3	14.4	19.08	1,070
Shank, fore:										
Very lean...	Edible portion.	Min..	2	73.8	20.8	2.3	1.0	520
		Max..	2	74.6	22.7	3.6	1.2	540
		Avg..	2	74.2	21.8	2.9	1.1	530
	As purchased..	Min..	2	35.9	44.1	13.3	1.46	310
		Max..	2	40.2	47.9	13.6	2.37	345
		Avg..	2	38.1	46.0	13.5	1.86	330
Lean.....	Edible portion.	Min..	5	69.9	20.1	5.39	610
		Max..	5	73.2	23.3	7.9	1.1	705
		Avg..	5	71.5	21.4	6.1	1.0	655
	As purchased..	Min..	5	25.6	36.4	11.7	3.34	365
		Max..	5	48.0	52.3	17.4	5.28	465
		Avg..	5	36.5	45.4	13.6	3.96	420
Medium fat.	Edible portion.	Min..	5	65.5	19.2	9.99	775
		Max..	5	70.0	20.2	14.29	960
		Avg..	5	67.9	19.6	11.69	855
	As purchased..	Min..	5	33.0	39.3	11.6	6.16	475
		Max..	5	40.0	45.3	13.1	8.56	580
		Avg..	5	36.9	42.9	12.3	7.36	535
Very fat....	Edible portion.....	1	59.0	18.6	21.68	1,255	
	As purchased.....	1	30.9	40.7	12.9	14.96	870	
All analyses	Edible portion.	Min..	13	59.0	18.6	2.38	520
		Max..	13	74.6	23.3	21.6	1.2	1,255
		Avg..	13	69.6	20.5	9.09	760
	As purchased..	Min..	13	25.6	36.4	11.6	1.44	310
		Max..	13	40.2	52.3	17.4	14.98	870
		Avg..	13	36.5	44.1	13.1	5.76	485
Shank, hind:										
Lean.....	Edible portion.	Min..	5	71.3	20.4	4.39	575
		Max..	5	73.6	21.6	7.3	1.2	685
		Avg..	5	72.6	21.1	5.3	1.0	615
	As purchased..	Min..	5	50.0	27.3	7.9	1.74	235
		Max..	5	62.2	36.4	10.7	3.25	305
		Avg..	5	56.6	31.6	9.1	2.25	260
Medium fat.	Edible portion.	Min..	6	65.3	18.5	9.68	775
		Max..	6	69.5	20.6	15.4	1.0	995
		Avg..	6	67.8	19.8	11.59	855
	As purchased..	Min..	6	52.0	29.8	8.6	4.54	365
		Max..	6	56.0	32.4	9.6	7.14	460
		Avg..	6	53.9	31.3	9.1	5.34	395
Fat.....	Edible portion.....	1	61.4	18.9	18.89	1,145	
	As purchased.....	1	51.6	29.7	9.2	9.14	555	
All analyses	Edible portion.	Min..	12	61.4	18.5	4.38	575
		Max..	12	73.6	21.6	18.8	1.2	1,145
		Avg..	12	69.2	20.3	9.5	1.0	780
	As purchased..	Min..	12	50.0	27.3	7.9	1.74	235
		Max..	12	62.2	36.4	10.7	9.15	555
		Avg..	12	54.8	31.3	9.2	4.34	355
Shoulder clod: ¹										
Very lean...	Edible portion.	Min..	2	75.1	22.3	1.3	1.1	470
		Max..	2	75.2	22.4	1.4	1.2	475
		Avg..	2	75.2	22.3	1.4	1.1	475
	As purchased..	Min..	2	12.5	62.3	18.4	1.1	1.0	390
		Max..	2	17.1	65.8	19.6	1.2	1.0	410
		Avg..	2	14.8	64.1	19.0	1.1	1.0	400
Lean.....	Edible portion.	Min..	3	71.4	20.0	4.7	1.1	570
		Max..	3	74.2	21.9	6.7	1.1	670
		Avg..	3	72.5	20.9	5.5	1.1	620
	As purchased..	Min..	2	7.3	65.1	18.5	4.3	1.0	525
		Max..	2	8.8	68.8	19.0	6.1	1.1	610
		Avg..	2	8.1	66.9	18.8	5.2	1.0	570
Medium fat.	Edible portion.	Min..	14	64.0	17.3	7.18	625
		Max..	14	74.5	20.7	16.4	1.4	1,030
		Avg..	14	68.3	19.3	11.3	1.1	835
	As purchased..	Min..	12	7.0	50.7	14.3	5.67	525
		Max..	12	27.7	62.3	18.4	14.4	1.1	925
		Avg..	12	16.4	56.8	11.1	9.89	715

¹ Including in most cases some bone.

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
<i>Beef, fresh—Continued.</i>										
Shoulder clod—Continued.										
				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Fat.....	Edible portion	Min..	4	56.2	17.1	18.59	1,150
		Max..	4	62.1	21.0	21.6	1.2	1,300
		Avg..	4	60.5	18.8	19.7	1.0	1,180
	As purchased..	Min..	3	11.0	49.9	14.8	16.58	1,005
		Max..	3	13.3	54.8	18.6	19.2	1.0	1,155
		Avg..	3	11.9	52.8	16.7	17.79	1,060
All analyses	Edible portion	Min..	23	56.2	17.1	1.38	470
		Max..	23	75.2	22.4	21.6	1.4	1,300
		Avg..	23	68.1	19.7	11.1	1.1	835
	As purchased..	Min..	19	7.3	49.9	14.3	1.17	390
		Max..	19	27.7	68.8	19.6	19.2	1.1	1,155
		Avg..	19	14.6	57.9	16.8	9.7	1.0	725
Shoulder and chuck (see Chuck).										
Socket.....	Edible portion.....		1	57.1	16.7	25.2	1.0	1,375
	As purchased.....		1	35.8	36.7	10.7	16.26	880
Fore quarter:										
Very lean...	Edible portion.....		1	72.3	20.8	6.09	640
	As purchased.....		1	23.2	55.5	16.0	4.67	490
Lean.....	Edible portion	Min..	3	67.5	16.1	12.17	810
		Max..	3	71.1	19.1	12.79	890
		Avg..	3	68.8	18.0	12.48	860
	As purchased..	Min..	3	19.7	53.4	12.1	9.15	510
		Max..	3	24.9	54.3	15.3	10.07	700
		Avg..	3	21.8	53.8	14.1	9.76	670
Medium fat.	Edible portion	Min..	6	57.8	17.3	17.18	1,065
		Max..	6	63.6	18.4	27.6	1.0	1,485
		Avg..	6	60.2	17.5	21.49	1,230
	As purchased..	Min..	6	16.8	47.7	13.3	13.66	790
		Max..	6	23.9	51.8	14.6	20.27	1,210
		Avg..	6	19.3	48.6	14.1	17.37	990
Fat.....	Edible portion.....		1	53.5	15.8	30.07	1,560
	As purchased.....		1	21.7	41.9	12.4	23.46	1,220
Very fat....	Edible portion.....		1	44.6	14.0	40.77	1,980
	As purchased.....		1	12.6	41.5	13.6	31.76	1,590
All analyses	Edible portion	Min..	12	44.6	14.0	6.07	640
		Max..	12	72.3	20.8	40.79	1,980
		Avg..	12	61.5	17.5	20.28	1,180
	As purchased..	Min..	12	12.6	41.5	12.1	9.16	610
		Max..	12	24.9	54.3	15.3	31.77	1,590
		Avg..	12	19.8	49.3	14.1	16.17	940
Hind quarter:										
Very lean...	Edible portion.....		1	72.4	20.8	5.8	1.0	630
	As purchased.....		1	18.8	58.7	16.9	4.88	520
Lean.....	Edible portion	Min..	3	65.9	18.8	12.2	1.0	875
		Max..	3	67.5	19.5	14.3	1.0	955
		Avg..	3	66.9	19.2	12.9	1.0	900
	As purchased..	Min..	3	16.2	54.7	15.6	10.28	730
		Max..	3	17.0	56.5	16.3	11.99	790
		Avg..	3	16.5	55.9	16.0	10.88	755
Medium fat.	Edible portion	Min..	7	55.7	17.1	16.88	1,050
		Max..	7	63.9	18.7	26.3	1.0	1,430
		Avg..	7	60.2	17.9	21.09	1,220
	As purchased..	Min..	7	14.1	44.4	13.6	14.37	890
		Max..	7	20.2	54.0	15.8	21.08	1,140
		Avg..	7	16.4	50.4	14.9	17.58	1,015
Fat.....	Edible portion.....		1	52.1	16.4	30.78	1,600
	As purchased.....		1	14.1	50.0	14.8	20.47	1,135
All analyses	Edible portion	Min..	12	52.1	16.4	5.88	630
		Max..	12	72.4	20.8	30.7	1.0	1,600
		Avg..	12	62.2	18.4	18.59	1,120
	As purchased..	Min..	12	14.1	44.4	13.6	4.87	520
		Max..	12	20.2	58.7	16.9	26.99	1,140
		Avg..	12	16.3	52.0	15.3	15.68	945
Side, native, not including tal- low.	Edible portion	Min..	6	47.8	15.1	12.57	880
		Max..	6	67.5	19.1	36.49	1,815
		Avg..	6	57.1	17.2	24.98	1,370
	As purchased..	Min..	6	13.2	41.5	13.1	10.16	715
		Max..	6	19.2	54.9	15.5	31.68	1,575
		Avg..	6	17.0	47.5	14.3	20.57	1,130
Side, Colorado, not including tallow.	Edible portion	Min..	3	62.0	17.6	15.78	1,010
		Max..	3	64.9	18.6	19.59	1,150
		Avg..	3	63.4	18.0	17.79	1,080
	As purchased..	Min..	3	16.8	48.5	13.8	12.77	815
		Max..	3	21.8	52.8	15.1	15.28	900
		Avg..	3	19.2	51.3	14.6	14.27	870

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
<i>Beef, fresh</i> —Continued.									
			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Side, Texas, not including tal-low.	Edible portion	Min..	3	67.3	17.1	5.98	635
		Max..	3	72.4	20.8	14.8	1.0	945
		Avg..	3	69.0	19.1	11.09	820
	As purchased..	Min..	3	18.0	53.3	13.66	505
		Max..	3	21.2	57.0	16.48	745
		Avg..	3	20.0	55.2	15.37	655
Side, Colorado and native. ¹	Edible portion	Min..	8	54.8	17.1	12.58	880
		Max..	8	67.5	19.1	27.19	1,370
		Avg..	8	60.6	17.7	20.89	1,205
	As purchased..	Min..	8	15.5	44.2	13.86	715
		Max..	8	21.8	54.9	15.58	1,135
		Avg..	8	18.3	49.7	14.57	980
Side: All analyses	Edible portion	Min..	12	47.8	15.1	5.97	635
		Max..	12	72.4	20.8	36.4	1.0	1,815
		Avg..	12	61.7	17.8	19.69	1,155
	As purchased..	Min..	12	13.2	41.5	13.16	595
		Max..	12	21.8	57.0	16.48	1,575
		Avg..	12	18.3	50.4	14.67	945
Hearts, as purchased.....	Min..	2	56.5	15.8	14.69	910
	Max..	2	68.7	16.3	26.2	1.0	1,410
	Avg..	2	62.6	16.0	20.4	1.0	1,160
Kidney, as purchased.....	Min..	2	75.7	16.1	2.4	1.1	430
	Max..	2	78.7	17.6	7.1	1.3	1.3	600
	Avg..	2	76.7	16.9	4.8	.4	1.2	525
Liver, as purchased.....	Min..	3	69.5	20.1	5.2	1.3	635
	Max..	3	69.9	23.1	5.7	3.5	1.5	670
	Avg..	3	69.8	21.6	5.4	1.8	1.4	665
Lungs, as purchased.....		1	79.7	16.1	3.2	1.0	435
Marrow, as purchased.....		1	3.3	2.6	92.8	1.3	3,965
Sweetbreads, as purchased.....		1	70.9	15.4	12.1	1.6	795
Tallow (kidney fat), as purchased.	Min..	7	8.2	1.6	70.72	3,115
	Max..	7	21.9	7.2	88.94	3,800
	Avg..	7	15.0	4.8	79.93	3,460
Tongue.....	Edible portion.....	1	63.5	17.4	18.0	1.1	1,085
	As purchased.....	1	15.1	53.9	14.8	15.39	920
<i>Beef, cooked.</i>									
Sandwich meats, as purchased.....	Min..	3	56.3	27.2	8.0	2.5	850
	Max..	3	61.2	28.8	13.6	3.1	1,080
	Avg..	3	58.3	27.9	11.0	2.8	985
<i>Beef, canned.</i>									
Boiled, as purchased.....		1	51.8	24.4	22.5	1.3	1,405
Cheek, ox, as purchased.....		1	66.1	22.3	8.4	3.2	770
Chili con carne, as purchased.....		1	75.4	13.3	4.6	4.0	2.7	515
Collaps, minced, as purchased.....		1	72.3	17.9	6.8	1.1	1.9	645
Corned, cooked:	Min..	6	45.1	25.6	12.0	3.4	1,000
	Max..	6	58.3	34.2	16.4	7.3	1,215
	Avg..	6	53.1	28.5	14.0	4.4	1,120
Medium fat, as purchased.....	Min..	4	49.7	22.7	19.9	2.0	1,310
	Max..	4	53.2	26.3	21.8	4.1	1,355
	Avg..	4	51.6	24.7	20.7	3.0	1,330
Fat, as purchased.....	Min..	2	43.2	19.6	29.2	4.0	1,625
	Max..	2	45.7	21.1	31.1	6.1	1,675
	Avg..	2	44.5	20.3	30.1	5.1	1,650
Very fat, as purchased.....	Min..	12	43.2	19.6	12.0	2.0	1,000
	Max..	12	58.3	34.2	31.1	6.1	1,675
	Avg..	12	51.2	25.9	18.9	4.0	1,280
All analyses, as purchased.....	Min..	2	44.2	37.1	4.8	9.8	945
	Max..	2	45.3	40.1	6.1	12.6	950
	Avg..	2	44.8	38.6	5.4	11.2	950
Dried, as purchased.....	Min..	2	70.9	14.6	4.9	2.1	580
	Max..	2	72.9	22.1	5.4	4.3	2.8	620
	Avg..	2	71.9	18.4	5.1	2.1	2.5	595
Luncheon, as purchased.....		1	52.9	26.4	15.9	4.8	1,160
Ox palate, as purchased.....	Min..	2	69.6	15.9	9.44	740
	Max..	2	73.1	19.0	10.6	2.0	750
	Avg..	2	71.4	17.4	10.0	1.2	745
Roast, as purchased.....	Min..	4	55.8	19.3	9.0	1.2	935
	Max..	4	62.8	30.8	23.6	1.4	1,360
	Avg..	4	58.9	25.0	14.8	1.3	1,090
Steak, rump, as purchased.....		1	66.3	23.5	18.7	1.5	1,225
Sweetbreads, as purchased.....		1	69.0	19.5	9.5	2.0	765
Ox tails, as purchased.....		1	67.9	24.6	6.3	1.2	725

¹ Excepting native "extra fat."

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Beef, canned—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Tongue, ground, as purchased.....	{ Min..	6	42.5	20.2	21.6	2.9	1,300
	{ Max..	6	54.9	22.8	32.6	5.1	1,750
	{ Avg..	6	49.9	21.0	25.1	4.0	1,450
Tongue, whole, as purchased	{ Min..	5	42.4	18.6	15.7	3.0	1,090
	{ Max..	5	57.4	23.0	32.7	6.3	1,725
	{ Avg..	5	51.3	21.5	23.2	4.0	1,380
Tripe, as purchased	{ Min..	2	68.9	16.2	2.64	420
	{ Max..	2	80.2	16.6	14.56	915
	{ Avg..	2	74.6	16.4	8.55	665
<i>Beef, corned and pickled.</i>								
Brisket, corned .	{ Edible portion.....	1	50.9	18.7	24.7	5.7	1,390
	{ As purchased.....	1	21.4	40.0	14.7	4.5	1,090
Corned beef:	{ Min..	9	40.1	12.9	11.9	2.0	830
	{ Max..	9	65.9	18.1	41.1	6.7	1,975
	{ Avg..	9	54.5	15.6	25.5	4.4	1,365
All analyses	{ Min..	9	1.9	34.3	11.4	1.9	790
	{ Max..	9	14.6	60.9	16.9	6.4	1,785
	{ Avg..	9	9.4	49.6	14.2	4.0	1,225
Extra mess	{ Edible portion.....	1	37.0	11.8	47.2	4.0	2,210
	{ As purchased.....	1	10.4	33.1	10.6	3.6	1,980
Flank, corned....	{ Min..	2	43.2	12.9	24.9	2.8	1,340
	{ Max..	2	56.5	15.5	41.1	3.1	1,975
	{ Avg..	2	49.9	14.2	33.0	2.9	1,660
As purchased ..	{ Min..	2	9.6	39.0	11.7	2.5	1,140
	{ Max..	2	14.6	48.3	13.2	2.7	1,785
	{ Avg..	2	12.1	43.	12.4	2.6	1,465
Mess	{ Min..	2	31.7	10.6	40.2	4.1	1,940
	{ Max..	2	42.4	13.3	48.7	9.0	2,250
	{ Avg..	2	37.0	12.0	44.5	6.5	2,100
As purchased ..	{ Min..	2	7.1	29.5	9.8	3.5	1,675
	{ Max..	2	13.8	36.6	11.5	8.3	2,090
	{ Avg..	2	10.5	33.0	10.7	5.9	1,885
Plate, corned....	{ Edible portion.....	1	40.1	13.3	41.9	4.7	2,015
	{ As purchased.....	1	14.5	34.3	11.4	4.0	1,720
Rump, corned....	{ Min..	3	50.2	13.3	13.0	2.0	885
	{ Max..	3	65.9	18.1	30.2	4.9	1,550
	{ Avg..	3	58.1	15.3	23.3	3.3	1,270
As purchased ..	{ Min..	3	5.0	47.5	13.9	1.9	820
	{ Max..	3	7.7	60.8	16.7	4.7	1,460
	{ Avg..	3	6.0	54.5	14.4	3.1	1,195
Spiced, rolled, as purchased.....		1	30.0	11.8	51.4	6.8	2,390
Tongue, pickled.	{ Min..	2	50.9	8.0	15.3	3.1	795
	{ Max..	2	73.6	17.0	25.8	6.3	1,405
	{ Avg..	2	62.3	12.5	20.5	4.7	1,100
As purchased ..	{ Min..	2	2.1	45.8	7.8	3.1	780
	{ Max..	2	10.0	72.0	15.3	5.6	1,265
	{ Avg..	2	6.0	58.9	11.6	4.3	1,025
Tripe, pickled, as purchased.....	{ Min..	2	84.0	7.2	.81	180
	{ Max..	2	91.1	13.5	1.83	325
	{ Avg..	2	87.4	10.9	1.22	260
<i>Beef, dried, etc.</i>								
Dried and salted, Uruguay, as purchased..		1	30.7	46.8	5.6	16.9	1,110
Dried in the sun, Mexico, as pur- chased.	{ Min..	2	14.4	47.0	11.8	7.2	1,370
	{ Max..	2	24.3	47.0	31.4	16.9	2,200
	{ Avg..	2	19.4	47.0	21.6	12.0	1,785
Dried, salted, and smoked, as pur- chased.	{ Min..	5	24.3	26.3	4.2	6.3	740
	{ Max..	5	59.2	47.0	11.8	16.9	1,370
	{ Avg..	5	50.8	31.8	6.8	10.0	890
<i>Veal, fresh.</i>								
Breast:	{ Min..	2	68.4	18.8	8.0	1.0	635
	{ Max..	2	72.2	22.5	8.0	1.1	755
	{ Avg..	2	70.3	20.7	8.0	1.0	720
Lean	{ Min..	2	15.1	46.8	15.47	520
	{ Max..	2	31.6	61.3	16.08	535
	{ Avg..	2	23.4	54.0	15.77	555
Medium fat.	{ Min..	5	65.1	18.2	12.0	1.0	850
	{ Max..	5	68.4	19.4	15.4	1.0	990
	{ Avg..	5	66.4	18.8	13.8	1.0	930
As purchased ..	{ Min..	5	15.7	48.5	14.07	670
	{ Max..	5	25.4	55.7	16.28	825
	{ Avg..	5	20.6	52.7	14.98	740

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.												
<i>Veal, fresh</i> —Continued.												
Breast—Continued.				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>		
All analyses	{	Edible portion.	Min ..	7	65.1	18.2	8.0	1.0	685	
			Max ..	7	72.2	22.5	15.4	1.1	990	
			Avg ..	7	67.5	19.3	12.2	1.0	875	
	{	As purchased..	Min ..	7	15.1	46.8	14.0	5.57	520	
			Max ..	7	31.6	61.3	16.2	12.88	825	
			Avg ..	7	21.4	53.1	15.1	9.68	685	
Chuck :												
Medium fat.	{	Edible portion.	Min ..	6	71.5	18.2	5.1	1.0	560	
			Max ..	6	75.4	20.6	8.5	1.1	700	
			Avg ..	6	73.3	19.2	6.5	1.0	630	
	{	As purchased..	Min ..	6	17.6	57.9	14.5	4.28	455	
			Max ..	6	20.0	61.4	16.7	6.88	560	
			Avg ..	6	18.9	59.5	15.6	5.28	510	
Flank :												
Medium fat, as purchased.....	{		Min ..	5	64.4	18.5	7.89	675	
			Max ..	5	72.7	21.0	15.8	1.1	1,020	
			Avg ..	5	68.9	19.7	10.4	1.0	805	
Fat, as purchased.....			1	57.0	18.0	24.19	1,255		
All analyses, as purchased.....	{		Min ..	6	57.0	18.0	7.89	675	
			Max ..	6	72.7	21.0	24.1	1.1	1,020	
			Avg ..	6	66.9	19.4	12.7	1.0	895	
Leg :												
Lean	{	Edible portion.	Min ..	8	71.8	19.3	1.1	1.1	465	
			Max ..	8	75.6	22.5	6.0	1.3	645	
			Avg ..	8	74.2	21.0	3.6	1.2	545	
	{	As purchased..	Min ..	8	2.1	63.4	16.5	1.19	445	
			Max ..	8	14.9	73.8	21.4	4.7	1.2	610	
			Avg ..	8	6.6	69.3	19.6	3.4	1.1	510	
Medium fat.	{	Edible portion.	Min ..	7	67.8	19.4	6.7	1.0	655	
			Max ..	7	72.1	20.7	11.6	1.2	850	
			Avg ..	7	70.4	20.1	8.4	1.1	730	
	{	As purchased..	Min ..	6	13.0	57.6	16.6	5.59	540	
			Max ..	6	19.3	60.5	17.4	9.99	730	
			Avg ..	6	15.6	59.4	16.9	7.29	620	
All analyses	{	Edible portion.	Min ..	15	67.8	19.3	1.1	1.0	465	
			Max ..	15	75.6	22.5	11.6	1.3	850	
			Avg ..	15	72.4	20.6	5.9	1.1	630	
	{	As purchased..	Min ..	14	2.1	57.6	16.5	1.19	445	
			Max ..	14	19.3	73.8	21.4	9.9	1.2	730	
			Avg ..	14	10.5	65.0	18.5	5.0	1.0	555	
Leg, cutlets.....	{	Edible portion.	Min ..	2	67.3	20.4	9.2	1.0	765	
			Max ..	2	69.3	21.1	10.6	1.1	840	
			Avg ..	2	68.3	20.8	9.9	1.0	805	
	{	As purchased..	Min ..	2	3.6	64.3	19.7	8.99	740	
			Max ..	2	4.5	66.8	20.2	10.1	1.0	800	
			Avg ..	2	4.0	65.6	20.0	9.59	775	
Loin :												
Lean	{	Edible portion.	Min ..	4	71.3	18.6	4.8	1.0	550	
			Max ..	4	75.4	21.0	6.7	1.2	670	
			Avg ..	4	72.9	20.2	5.8	1.1	620	
	{	As purchased..	Min ..	4	17.4	55.9	14.7	3.88	435	
			Max ..	4	23.0	59.7	16.8	5.4	1.0	540	
			Avg ..	4	20.3	58.1	16.1	4.69	495	
Medium fat.	{	Edible portion.	Min ..	5	68.5	18.8	10.1	1.0	785	
			Max ..	5	69.7	20.0	10.8	1.1	820	
			Avg ..	5	69.2	19.4	10.4	1.0	800	
	{	As purchased..	Min ..	5	13.6	55.3	15.4	8.28	630	
			Max ..	5	20.3	60.1	16.6	9.09	685	
			Avg ..	5	17.3	57.2	16.0	8.69	660	
Fat	{	Edible portion.	Min ..	2	61.3	18.3	18.3	1.0	1,120	
			Max ..	2	61.9	18.7	19.4	1.1	1,160	
			Avg ..	2	61.6	18.5	18.9	1.0	1,140	
	{	As purchased..	Min ..	2	16.3	48.9	14.6	15.48	925	
			Max ..	2	20.2	51.8	15.7	15.58	940	
			Avg ..	2	18.3	50.4	15.1	15.48	930	
All analyses	{	Edible portion.	Min ..	11	61.3	18.3	4.8	1.0	550	
			Max ..	11	75.4	21.0	19.4	1.1	1,160	
			Avg ..	11	69.2	19.5	10.2	1.1	795	
	{	As purchased..	Min ..	11	13.6	48.9	14.6	3.88	435	
			Max ..	11	23.0	60.1	16.8	15.5	1.0	940	
			Avg ..	11	18.6	56.2	15.9	8.49	650	
Loin, with kid- ney.			{	Edible portion.....	1	73.3	14.1	11.88	760
			{	As purchased.....	1	9.1	66.7	12.8	10.77	690

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
<i>Veal, fresh</i> —Continued.										
Neck:				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Medium fat.	Edible portion	Min ..	6	-----	69.8	18.7	4.3	-----	.9	535
		Max ..	6	-----	75.8	20.0	9.2	-----	1.1	760
		Avg ..	6	-----	72.6	19.5	6.9	-----	1.0	655
	As purchased ..	Min ..	6	23.5	34.8	10.0	3.1	-----	.6	385
		Max ..	6	50.0	56.1	14.5	6.2	-----	.8	530
		Avg ..	6	31.5	49.9	13.3	4.6	-----	.7	440
Rib:										
Medium fat.	Edible portion	Min ..	8	-----	70.8	19.2	3.4	-----	1.0	525
		Max ..	8	-----	75.5	21.2	8.6	-----	1.1	750
		Avg ..	8	-----	72.5	20.2	6.2	-----	1.1	635
	As purchased ..	Min ..	8	22.7	42.2	12.4	2.5	-----	.7	390
		Max ..	8	41.3	58.3	15.7	6.8	-----	.8	555
		Avg ..	8	26.9	53.0	14.7	4.6	-----	.8	470
Fat	Edible portion		1	-----	67.8	20.0	11.1	-----	1.1	840
	As purchased		1	22.4	52.6	15.5	8.6	-----	.9	650
All analyses	Edible portion	Min ..	9	-----	67.8	19.2	3.4	-----	1.0	525
		Max ..	9	-----	75.5	21.2	11.1	-----	1.1	840
		Avg ..	9	-----	72.0	20.1	6.8	-----	1.1	660
	As purchased ..	Min ..	9	22.4	42.2	12.4	2.5	-----	.7	390
		Max ..	9	41.3	58.3	15.7	8.6	-----	.9	650
		Avg ..	9	26.4	53.0	14.8	5.0	-----	.8	485
Rump	Edible portion		1	-----	62.6	20.1	16.2	-----	1.1	1,055
	As purchased		1	30.2	43.7	14.0	11.3	-----	.8	735
Shank, fore	Edible portion	Min ..	6	-----	72.5	18.9	4.1	-----	1.0	525
		Max ..	6	-----	75.8	20.6	6.4	-----	1.0	640
		Avg ..	6	-----	74.0	19.8	5.2	-----	1.0	590
	As purchased ..	Min ..	6	20.4	35.1	9.0	2.2	-----	.5	285
		Max ..	6	52.5	58.6	16.0	4.2	-----	.8	475
		Avg ..	6	40.4	44.1	11.8	3.1	-----	.6	350
Shank, hind:										
Medium fat.	Edible portion	Min ..	6	-----	73.4	17.9	3.0	-----	.9	510
		Max ..	6	-----	76.2	20.5	6.7	-----	1.1	615
		Avg ..	6	-----	74.5	19.9	4.6	-----	1.0	565
	As purchased ..	Min ..	6	61.1	25.9	6.7	1.3	-----	.4	190
		Max ..	6	64.7	29.3	8.0	2.5	-----	.4	390
		Avg ..	6	62.7	27.8	7.4	1.7	-----	.4	210
Fat	Edible portion		1	-----	68.1	20.0	10.7	-----	1.2	825
	As purchased		1	51.4	33.1	9.7	5.2	-----	.6	400
All analyses	Edible portion	Min ..	7	-----	68.1	17.9	3.0	-----	.9	510
		Max ..	7	-----	76.2	20.5	10.7	-----	1.2	825
		Avg ..	7	-----	73.6	19.9	5.5	-----	1.0	600
	As purchased ..	Min ..	7	51.4	25.9	6.7	1.3	-----	.4	190
		Max ..	7	64.7	33.1	9.7	5.2	-----	.6	400
		Avg ..	7	61.1	28.6	7.7	2.2	-----	.4	235
Shoulder and flank.	Edible portion		1	-----	65.6	19.7	13.5	-----	1.2	935
	As purchased		1	24.3	49.7	14.9	10.2	-----	.9	710
Shoulder	Edible portion	Min ..	2	-----	64.7	19.0	6.2	-----	1.1	645
		Max ..	2	-----	71.9	20.7	15.2	-----	1.2	995
		Avg ..	2	-----	68.3	19.9	10.7	-----	1.1	820
	As purchased ..	Min ..	2	11.5	50.6	14.8	5.5	-----	.9	570
		Max ..	2	21.8	63.7	18.3	11.9	-----	1.0	780
		Avg ..	2	16.6	57.2	16.6	8.7	-----	.9	675
Fore quarter....	Edible portion	Min ..	6	-----	69.9	18.6	5.5	-----	.8	585
		Max ..	6	-----	74.8	20.5	10.6	-----	1.1	795
		Avg ..	6	-----	71.7	19.4	8.0	-----	.9	700
	As purchased ..	Min ..	6	19.3	51.8	13.7	4.1	-----	.6	435
		Max ..	6	26.0	56.6	15.9	7.8	-----	.8	585
		Avg ..	6	24.5	54.2	14.6	6.0	-----	.7	525
Hind quarter ...	Edible portion	Min ..	6	-----	68.4	19.4	5.6	-----	.8	600
		Max ..	6	-----	73.8	20.4	11.2	-----	1.2	835
		Avg ..	6	-----	70.9	19.8	8.3	-----	1.0	720
	As purchased ..	Min ..	6	19.0	53.7	15.3	4.4	-----	.6	545
		Max ..	6	24.0	58.4	16.2	9.2	-----	.9	685
		Avg ..	6	20.7	56.2	15.7	6.6	-----	.8	570
Side	Edible portion	Min ..	6	-----	69.2	19.2	5.5	-----	.9	590
		Max ..	6	-----	74.3	20.4	10.3	-----	1.1	800
		Avg ..	6	-----	71.3	19.6	8.1	-----	1.0	705
	As purchased ..	Min ..	6	18.6	53.3	14.7	4.3	-----	.7	460
		Max ..	6	24.9	57.3	15.9	8.4	-----	.9	680
		Avg ..	6	22.6	55.2	15.1	6.3	-----	.8	545

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
Veal, fresh—Continued.									
Heart, as purchased.....	1	Per ct.	Per ct. 73.2	Per ct. 16.2	Per ct. 9.6	Per ct.	Per ct. 1.0	Calories. 705	
Kidney, as purchased.....	1	74.7	16.6	7.4	1.3	625	
Liver, as purchased.....	{ Min..	2	72.4	19.8	4.0	1.2	560	
	{ Max..	2	73.7	21.0	6.6	1.3	645	
	{ Avg..	2	73.1	20.4	5.3	1.2	605	
Lungs, as purchased.....	1	76.8	17.1	5.0	1.1	530	
Lamb, fresh.									
Breast.....	{ Edible portion.....	1	56.2	19.2	23.6	1.355	
	{ As purchased.....	1	19.1	45.5	15.5	19.1	1.095	
Leg, hind:									
Medium fat.	{ Edible portion.	{ Min..	2	63.1	18.1	15.3	1.000	
		{ Max..	2	64.7	18.9	17.6	1.080	
		{ Avg..	2	63.9	18.5	16.5	1.040	
	{ As purchased..	{ Min..	2	17.0	52.4	15.0	12.6820
		{ Max..	2	17.7	53.3	15.5	14.6895
		{ Avg..	2	17.4	52.9	15.2	13.6855
Fat.....	{ Edible portion.....	1	54.6	17.1	27.49475	
	{ As purchased.....	1	13.4	47.3	14.8	23.78275	
Very fat....	{ Edible portion.....	1	51.8	17.2	30.19590	
	{ As purchased.....	1	7.0	48.2	16.0	28.08480	
All analyses	{ Edible portion.	{ Min..	4	51.8	17.1	15.39000	
		{ Max..	4	64.7	18.9	30.1	1.2590	
		{ Avg..	4	58.6	17.8	22.6	1.0285	
	{ As purchased..	{ Min..	4	7.0	47.3	14.8	12.6820
		{ Max..	4	17.7	53.3	16.0	28.0	1.0480
		{ Avg..	4	13.8	50.3	15.3	19.79115
Loin, without kidney and tallow:									
Medium fat.	{ Edible portion.	{ Min..	4	48.6	15.5	25.18410	
		{ Max..	4	54.8	19.0	35.1	1.1770	
		{ Avg..	4	53.1	17.6	28.3	1.0520	
	{ As purchased..	{ Min..	4	12.2	40.8	13.0	21.17180
		{ Max..	4	17.4	48.1	16.7	29.59485
		{ Avg..	4	14.8	45.3	15.0	24.18295
Neck.....	{ Edible portion.....	1	56.7	17.5	24.8	1.0375	
	{ As purchased.....	1	17.7	46.7	14.4	20.48130	
Shoulder.....	{ Edible portion.....	1	51.8	17.5	29.7	1.0580	
	{ As purchased.....	1	26.3	41.3	14.0	23.68255	
Fore quarter....	{ Edible portion.....	1	55.1	18.1	25.8	1.0425	
	{ As purchased.....	1	18.8	44.7	14.7	21.08160	
Hind quarter...	{ Edible portion.....	1	60.9	19.0	19.1	1.0160	
	{ As purchased.....	1	15.7	51.3	16.0	16.1975	
Side, without kidney and tallow.	{ Edible portion.	{ Min..	3	56.8	16.5	21.2	1.0225	
		{ Max..	3	60.0	18.5	25.7	1.1490	
		{ Avg..	3	58.2	17.6	23.2	1.0305	
	{ As purchased..	{ Min..	3	17.3	46.1	13.4	16.68960
		{ Max..	3	21.6	47.9	15.3	20.99130
		{ Avg..	3	19.3	47.0	14.2	18.78055
Lamb, canned.									
Tongue.....	{ Edible portion.....	1	67.4	14.3	17.85015	
	{ As purchased.....	1	2.6	65.7	13.9	17.35990	
Mutton, fresh.									
Chuck:									
Medium fat.	{ Edible portion.	{ Min..	6	47.9	13.6	26.07400	
		{ Max..	6	56.7	16.4	37.4	1.2835	
		{ Avg..	6	50.9	14.6	33.69690	
	{ As purchased..	{ Min..	6	14.4	36.6	10.5	20.65115
		{ Max..	6	25.2	45.1	13.1	29.77485
		{ Avg..	6	21.3	39.9	11.5	26.76340
Fat.....	{ Edible portion.	{ Min..	2	37.6	13.3	42.57040	
		{ Max..	2	43.5	14.2	47.2	1.0255	
		{ Avg..	2	40.6	13.7	44.98150	
	{ As purchased..	{ Min..	2	14.9	32.0	10.9	34.86670
		{ Max..	2	18.1	35.6	12.1	40.19915
		{ Avg..	2	16.5	33.8	11.5	37.57795
Very fat....	{ Edible portion.....	1	29.9	9.4	60.16270	
	{ As purchased.....	1	13.8	25.8	8.1	51.85335	

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
<i>Mutton, fresh</i> —Continued.										
Chuck—Continued.				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
All analyses	{ Edible portion	Min ..	9	29.9	9.4	26.06	1,400
		Max ..	9	56.7	16.4	60.1	1.2	2,710
		Avg ..	9	46.3	13.8	39.18	1,905
	{ As purchased ..	Min ..	9	13.8	25.8	8.1	20.65	1,115
		Max ..	9	25.2	45.1	13.1	51.89	2,335
		Avg ..	9	19.4	37.0	11.1	31.87	1,550
Flank:										
Medium fat, as purchased	{	Min ..	7	38.7	11.9	32.15	1,650
		Max ..	7	51.2	16.0	45.08	2,195
		Avg ..	7	45.8	14.8	38.77	1,910
Very fat, as purchased	{	Min ..	2	25.0	9.5	54.76	2,530
		Max ..	2	32.7	12.0	64.96	2,915
		Avg ..	2	28.9	10.7	59.86	2,725
All analyses, as purchased	{	Min ..	9	25.0	9.5	32.15	1,650
		Max ..	9	51.2	16.0	64.98	2,915
		Avg ..	9	42.0	13.9	43.47	2,090
Leg, hind:										
Lean	{ Edible portion	Min ..	3	66.6	18.5	11.9	1.0	865
		Max ..	3	68.3	19.6	13.0	1.2	905
		Avg ..	3	67.4	19.1	12.4	1.1	880
	{ As purchased ..	Min ..	3	3.4	51.0	14.1	9.38	655
		Max ..	3	23.7	65.0	19.0	11.5	1.1	840
		Avg ..	3	16.8	56.1	15.9	10.39	730
Medium fat.	{ Edible portion	Min ..	10	58.4	17.3	14.69	935
		Max ..	10	67.2	19.0	22.6	1.0	1,290
		Avg ..	10	62.8	18.2	18.0	1.0	1,100
	{ As purchased ..	Min ..	10	9.8	48.0	13.2	11.07	710
		Max ..	10	26.0	55.7	17.1	19.39	1,100
		Avg ..	10	18.0	51.4	14.9	14.98	905
Fat	{ Edible portion	1	55.0	17.0	27.19	1,460
	{ As purchased	1	12.4	48.2	14.8	23.88	1,280
All analyses	{ Edible portion	Min ..	14	55.0	17.0	11.99	865
		Max ..	14	68.3	19.6	27.1	1.2	1,460
		Avg ..	14	63.2	18.3	17.5	1.0	1,080
	{ As purchased ..	Min ..	14	3.4	48.0	13.2	9.37	655
		Max ..	14	26.0	65.0	19.0	23.8	1.1	1,280
		Avg ..	14	17.4	52.2	15.1	14.58	895
Loin, without kidney and tallow:										
Medium fat.	{ Edible portion	Min ..	12	44.9	13.8	26.87	1,440
		Max ..	12	55.9	19.5	37.69	1,865
		Avg ..	12	50.1	15.9	33.28	1,695
	{ As purchased ..	Min ..	11	11.7	38.1	11.8	20.95	1,160
		Max ..	11	19.3	46.8	14.9	32.98	1,615
		Avg ..	11	15.3	42.2	13.2	28.67	1,450
Fat	{ Edible portion	Min ..	3	42.0	13.9	40.97	1,985
		Max ..	3	44.3	14.6	43.38	2,085
		Avg ..	3	43.3	14.2	41.78	2,025
	{ As purchased ..	Min ..	3	11.3	37.1	12.3	36.06	1,760
		Max ..	3	12.0	39.3	12.9	38.27	1,840
		Avg ..	3	11.7	38.3	12.5	36.87	1,785
Very fat	{ Edible portion	1	30.8	10.0	58.75	2,665
	{ As purchased	1	9.0	28.1	9.1	53.44	2,425
All analyses	{ Edible portion	Min ..	16	30.8	10.0	26.85	1,440
		Max ..	16	55.9	19.5	58.79	2,665
		Avg ..	16	47.6	15.2	36.48	1,820
	{ As purchased ..	Min ..	15	9.0	28.1	9.1	20.94	1,160
		Max ..	15	19.3	46.8	14.9	53.48	2,425
		Avg ..	15	14.2	40.5	12.8	31.96	1,585
Neck:										
Medium fat.	{ Edible portion	Min ..	9	54.7	12.4	17.88	1,110
		Max ..	9	61.9	19.2	29.5	1.8	1,525
		Avg ..	9	58.2	16.3	24.5	1.0	1,335
	{ As purchased ..	Min ..	9	17.2	38.7	8.1	14.05	835
		Max ..	9	34.9	48.6	15.1	24.58	1,265
		Avg ..	9	28.4	41.6	11.7	17.67	960
Very fat	{ Edible portion	1	42.1	13.6	43.58	2,090
	{ As purchased	1	16.1	35.3	11.4	36.57	1,750
All analyses	{ Edible portion	Min ..	10	42.1	12.4	17.88	1,110
		Max ..	10	61.9	19.2	29.5	1.8	2,090
		Avg ..	10	56.6	16.0	26.4	1.0	1,410
	{ As purchased ..	Min ..	10	16.1	35.3	8.1	14.05	835
		Max ..	10	34.9	48.6	15.1	36.57	1,750
		Avg ..	10	27.2	41.0	11.7	19.47	1,035

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Mutton, fresh</i> —Continued.										
Shoulder:			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Lean.....	{ Edible portion.....	1		67.2	18.9	12.9		1.0	895	
	{ As purchased.....	1	25.3	50.2	14.2	9.6		.7	670	
Medium fat.	{ Edible portion ..	{ Min..	6	58.6	15.8	15.6		.9	995	
		{ Max..	6	65.2	18.2	24.3		1.0	1,320	
		{ Avg..	6	61.9	17.3	19.9		.9	1,160	
	{ As purchased ..	{ Min..	6	14.6	45.2	12.1	13.4		.6	820
		{ Max..	6	26.4	55.7	15.5	18.8		.8	1,075
	{ Avg..	6	21.7	48.5	13.5	15.6		.7	910	
Fat	{ Edible portion.....	1		53.0	15.9	30.3		.8	1,575	
	{ As purchased.....	1	19.5	42.7	12.8	24.4		.6	1,270	
Very fat	{ Edible portion.....	1		48.4	15.2	35.6		.8	1,785	
	{ As purchased.....	1	18.7	39.3	12.4	28.9		.7	1,450	
All analyses	{ Edible portion ..	{ Min..	9	48.4	15.2	12.9		.8	895	
		{ Max..	9	67.2	18.9	35.6		1.0	1,785	
		{ Avg..	9	60.0	17.1	22.0		.9	1,245	
	{ As purchased ..	{ Min..	9	14.6	39.3	12.1	13.4		.6	820
		{ Max..	9	26.4	55.7	15.5	28.9		.8	1,455
	{ Avg..	9	21.5	47.0	13.4	17.4		.7	985	
Fore quarter....	{ Edible portion ..	{ Min..	9	37.2	11.7	25.6		.7	1,385	
		{ Max..	9	57.1	17.0	50.4		1.1	2,345	
		{ Avg..	9	51.7	15.0	32.4		.9	1,645	
	{ As purchased ..	{ Min..	9	15.7	31.4	9.9	20.0		.5	1,080
		{ Max..	9	24.9	44.5	13.7	42.4		.8	1,975
	{ Avg..	9	21.1	40.6	11.9	25.7		.7	1,305	
Hind quarter, without tallow and kidney.	{ Edible portion ..	{ Min..	9	40.4	12.9	21.4		.6	1,225	
		{ Max..	9	60.4	17.4	46.1		1.0	2,185	
		{ Avg..	9	54.8	16.2	28.2		.8	1,490	
	{ As purchased ..	{ Min..	9	9.8	36.5	11.6	17.7		.6	1,015
		{ Max..	9	20.2	50.0	14.7	41.5		.8	1,965
	{ Avg..	9	16.7	45.6	13.5	23.5		.7	1,245	
Side, including tallow.	{ Edible portion ..	{ Min..	25	46.9	14.0	14.7		.7	965	
		{ Max..	25	65.9	18.4	37.8		1.0	1,865	
		{ Avg..	25	54.2	16.0	28.9		.9	1,515	
	{ As purchased ..	{ Min..	25	13.0	38.8	11.7	11.2		.6	730
		{ Max..	25	22.8	55.2	14.0	33.1		.8	1,625
	{ Avg..	25	18.1	45.4	12.7	23.1		.7	1,210	
Side, not includ- ing tallow.	{ Edible portion ..	{ Min..	9	38.8	12.3	23.4		.7	1,305	
		{ Max..	9	58.8	16.9	48.2		.9	2,260	
		{ Avg..	9	53.1	15.6	30.5		.8	1,580	
	{ As purchased ..	{ Min..	9	12.9	33.8	10.7	18.8		.6	1,045
		{ Max..	9	22.7	47.3	14.0	42.0		.8	1,970
	{ Avg..	9	19.0	43.0	12.7	24.6		.7	1,275	
Heart, as purchased	{ Min..	2		67.4	15.6	11.9		.9	790	
	{ Max..	2		71.6	18.3	13.4		.9	905	
	{ Avg..	2		69.5	17.0	12.6		.9	845	
Kidney, as purchased		1		78.7	16.8	3.2		1.3	450	
Kidney and kidney fat, as purchased.....		1		18.8	4.3	76.5		.4	3,305	
Kidney fat, tallow, as purchased..	{ Min..	2		2.9	1.1	94.9		.1	4,025	
	{ Max..	2		3.9	1.2	95.8		.1	4,065	
	{ Avg..	2		3.4	1.1	95.4		.1	4,045	
Liver, as purchased.....	{ Min..	2		52.7	22.0	4.7	2.1	1.4	645	
	{ Max..	2		69.8	24.2	13.2	7.9	2.0	1,155	
	{ Avg..	2		61.2	23.1	9.0	5.0	1.7	900	
Lungs, as purchased	{ Min..	2		74.6	18.8	2.6		1.2	470	
	{ Max..	2		77.1	21.5	2.9		1.3	510	
	{ Avg..	2		75.9	20.1	2.8		1.2	490	
<i>Mutton, canned.</i>										
Corned, as purchased.....		1		45.8	27.2	22.8		4.2	1,470	
Tongue, as purchased		1		47.6	23.6	24.0		4.8	1,450	
<i>Pork.</i>										
Chuck ribs and shoulder:										
Medium fat.	{ Edible portion ..	{ Min..	2	50.3	16.8	30.4		.9	1,595	
		{ Max..	2	51.9	16.9	31.9		.9	1,660	
		{ Avg..	2	51.1	16.9	31.1		.9	1,630	
	{ As purchased ..	{ Min..	2	15.9	40.1	13.5	25.4		.7	1,325
		{ Max..	2	20.3	43.6	14.1	25.6		.8	1,340
	{ Avg..	2	18.1	41.8	13.8	25.5		.8	1,335	

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
Pork—Continued.				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Flank cut	Edible portion ..	Min ..	3	56.0	16.2	19.49	1,175
		Max ..	3	60.7	18.9	26.9	1.0	1,430
		Avg ..	3	59.0	17.8	22.2	1.0	1,265
	As purchased ..	Min ..	3	68.6	14.8	4.5	5.02	295
		Max ..	3	75.5	18.5	5.8	8.43	455
		Avg. ¹	3	71.2	17.0	5.1	6.43	365
Head	Edible portion ..	Min ..	3	38.4	10.5	34.56	1,720
		Max ..	3	50.5	14.2	50.58	2,330
		Avg ..	3	45.3	12.7	41.37	1,980
	As purchased ..	Min ..	3	51.7	10.7	3.0	8.22	410
		Max ..	3	77.2	18.5	5.1	24.43	1,125
		Avg. ¹	3	68.4	13.7	3.8	13.92	655
Head cheese.....	Edible portion ..	Min ..	2	43.8	19.4	27.4	3.4	1,550
		Max ..	2	48.1	21.1	33.4	3.4	1,770
		Avg ..	2	46.0	20.2	30.4	3.4	1,660
	As purchased ..		1	12.1	42.3	18.6	24.0	3.0	1,360
Loin:										
Lean	Edible portion ..		1	60.3	19.7	19.0	1.0	1,165
	As purchased ..		1	23.5	46.1	15.1	14.58	895
Medium fat.	Edible portion ..	Min ..	11	49.3	14.9	25.08	1,405
		Max ..	11	55.2	19.5	35.2	1.0	1,765
		Avg ..	11	52.0	16.8	30.39	1,590
	As purchased ..	Min ..	11	11.5	40.5	13.0	20.87	1,170
		Max ..	11	19.3	46.9	16.3	31.18	1,555
		Avg ..	11	15.8	43.8	14.1	25.67	1,340
Fat	Edible portion ..	Min ..	3	39.7	12.0	38.86	1,890
		Max ..	3	46.7	13.7	48.68	2,245
		Avg ..	3	42.1	12.2	45.07	2,125
	As purchased ..	Min ..	3	10.1	34.9	9.9	30.46	1,480
		Max ..	3	21.8	36.5	10.7	43.76	2,030
		Avg ..	3	14.6	35.7	10.4	38.76	1,825
All analyses	Edible portion ..	Min ..	15	39.7	12.0	19.06	1,165
		Max ..	15	60.3	19.7	48.6	1.0	2,245
		Avg ..	15	50.5	16.1	32.59	1,670
	As purchased ..	Min ..	15	10.1	34.9	9.9	14.56	895
		Max ..	15	23.5	46.1	16.3	43.78	2,030
		Avg ..	15	16.6	42.3	13.5	27.57	1,410
Middle cuts.....	Edible portion ..	Min ..	3	46.0	14.5	34.97	1,755
		Max ..	3	49.4	15.2	38.88	1,905
		Avg ..	3	48.2	14.8	36.37	1,810
	As purchased ..	Min ..	3	79.0	11.6	3.6	8.22	410
		Max ..	3	76.4	13.8	4.4	11.62	570
		Avg. ¹	3	71.2	13.8	4.2	10.62	525
Shoulder cut.....	Edible portion ..	Min ..	3	44.0	12.0	33.06	1,660
		Max ..	3	51.7	14.5	42.18	2,020
		Avg ..	3	47.4	13.2	38.77	1,880
	As purchased ..	Min ..	3	56.8	18.9	5.0	12.13	610
		Max ..	3	63.4	19.3	5.7	18.23	875
		Avg. ²	3	59.6	19.1	5.3	15.73	760
Tenderloin, as purchased.....	Min ..	3	62.4	18.8	12.3	1.0	895
	Max ..	3	66.4	20.3	17.1	1.0	1,085
	Avg ..	3	65.1	19.5	14.4	1.0	970
Back fat, as purchased	Min ..	3	5.5	2.0	86.71	3,705
	Max ..	3	10.5	2.7	92.42	3,935
	Avg ..	3	7.7	2.3	89.91	3,835
Belly fat, as purchased	Min ..	3	11.0	3.2	78.62	3,400
	Max ..	3	16.7	4.6	85.62	3,670
	Avg ..	3	13.8	4.1	81.92	3,530
Ham fat, as purchased.....	Min ..	3	8.3	2.3	87.21	3,725
	Max ..	3	10.2	3.3	89.22	3,810
	Avg ..	3	9.1	2.7	88.02	3,765
Jowl fat, as purchased	Min ..	3	13.3	4.3	72.82	3,180
	Max ..	3	21.2	5.7	82.23	3,550
	Avg ..	3	16.0	5.0	78.82	3,420
Pork, ham and shoulder.										
Ham, fresh.....	Edible portion ..	Min ..	4	57.7	17.7	12.19	870
		Max ..	4	67.6	19.3	22.4	1.1	1,295
		Avg ..	4	62.8	18.5	17.7	1.0	1,090
	As purchased ..	Min ..	4	11.6	26.1	7.6	6.14	435
		Max ..	4	58.5	51.1	16.6	19.39	1,145
		Avg ..	4	42.4	35.7	10.7	10.66	645

¹ Refuse includes fat trimmings.² Refuse mostly fat and skin.

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.												
Pork, ham and shoulder—Continued.												
Ham, smoked:				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
Lean.....	{	Edible portion .	Min ..	3	49.5	19.8	17.0	5.4	1,085	
			Max..	3	57.4	20.7	24.4	5.8	1,415	
			Avg..	3	53.5	20.2	20.8	5.5	1,255	
		As purchased ..	Min ..	3	8.4	45.3	17.0	14.5	4.8	930
			Max..	3	14.3	49.2	19.0	22.3	5.0	1,295
			Avg..	3	11.5	47.2	17.9	18.5	4.9	1,115
Medium fat.	{	Edible portion .	Min ..	13	35.5	12.4	30.3	2.7	1,680	
			Max..	13	45.6	21.5	44.7	7.4	2,105	
			Avg..	13	40.7	15.5	39.1	4.7	1,940	
		As purchased ..	Min ..	13	6.7	27.3	10.2	24.5	2.4	1,360
			Max..	13	28.4	42.5	17.7	39.9	6.0	1,885
			Avg..	13	14.4	34.9	13.3	33.4	4.0	1,655
Fat	{	Edible portion .	Min ..	3	22.4	14.3	54.56	2,585	
			Max..	3	29.7	16.7	56.8	6.5	2,674	
			Avg..	3	25.5	15.4	55.8	3.3	2,640	
		As purchased ..	Min ..	2	2.0	22.0	14.0	51.95	2,460
			Max..	2	4.8	28.3	14.5	55.6	6.4	2,605
			Avg..	2	3.4	25.2	14.2	53.8	3.4	2,535
All analyses	{	Edible portion .	Min ..	19	22.4	12.4	17.06	1,085	
			Max..	19	57.4	21.5	56.8	6.5	2,674	
			Avg..	19	40.3	16.2	38.8	4.7	1,940	
		As purchased ..	Min ..	18	2.0	22.0	10.2	14.55	930
			Max..	18	28.4	49.2	19.0	55.6	6.4	2,605
			Avg..	18	12.7	35.9	14.1	33.2	4.1	1,665
Ham, smoked, boiled, no bone, as purchased.			1	39.2	18.2	37.0	5.6	1,900		
Ham, boneless, raw, without case, as purchased.	{	Min ..	4	40.3	11.4	17.3	4.4	1,090		
		Max..	4	55.9	19.4	38.9	7.4	1,905		
		Avg..	4	50.1	15.4	28.5	6.0	1,490		
Ham, luncheon, boneless, without case, cooked, as purchased.	{	Min ..	2	47.8	22.8	19.4	5.0	1,285		
		Max..	2	50.5	25.1	22.7	6.7	1,380		
		Avg..	2	49.2	24.0	21.0	5.8	1,330		
Ham, deviled, as purchased.....	{	Min ..	4	38.4	17.9	29.5	2.3	1,595		
		Max..	4	49.4	20.5	38.9	4.4	1,980		
		Avg..	4	45.3	18.9	32.9	2.9	1,740		
Shoulder, fresh .	{	Edible portion .	Min ..	5	45.8	14.0	18.57	1,095	
			Max..	5	63.6	17.0	37.79	1,880	
			Avg..	5	54.3	15.5	29.48	1,530	
		As purchased ..	Min ..	5	7.1	28.4	7.6	8.24	490
			Max..	5	55.4	49.4	13.8	31.98	1,590
			Avg..	5	32.5	35.9	10.4	20.75	1,065
Shoulder, smoked:												
Medium fat.	{	Edible portion .	Min ..	3	41.5	14.6	28.8	5.5	1,515	
			Max..	3	49.6	16.5	35.0	8.2	1,750	
			Avg..	3	45.0	15.8	32.5	6.7	1,665	
		As purchased ..	Min ..	3	17.4	34.3	11.7	23.7	4.5	1,250
			Max..	3	19.4	40.8	13.6	28.2	6.8	1,430
			Avg..	3	18.2	36.8	12.9	26.6	5.5	1,360
Fat	{	Edible portion .	Min ..	2	22.6	14.5	49.0	4.7	2,345	
			Max..	2	30.4	14.9	58.2	5.7	2,725	
			Avg..	2	26.5	14.7	53.6	5.2	2,535	
		As purchased ..	Min ..	2	14.1	16.7	10.7	42.1	3.5	2,015
			Max..	2	26.0	26.1	12.8	43.1	4.9	2,020
			Avg..	2	20.0	21.4	11.8	42.6	4.2	2,015
All analyses	{	Edible portion .	Min ..	5	22.6	14.5	28.8	4.7	1,515	
			Max..	5	49.6	16.5	58.2	8.2	2,725	
			Avg..	5	37.6	15.3	41.0	6.1	2,015	
		As purchased ..	Min ..	5	14.1	16.7	10.7	23.7	3.5	1,250
			Max..	5	26.0	40.8	13.6	43.1	6.8	2,020
			Avg..	5	18.9	30.7	12.4	33.0	5.0	1,625
Shoulder, dried and smoked, Swedish im- ported, lean, as purchased.....			1	47.8	32.6	12.8	6.8	1,145		
Pork, salted and pickled.												
Dry salted backs	{	Edible portion .	Min ..	2	17.0	5.7	71.6	2.2	3,180	
			Max..	2	17.6	8.6	73.8	3.5	3,220	
			Avg..	2	17.3	7.2	72.7	2.8	3,200	
		As purchased ..	Min ..	2	7.0	15.8	5.3	65.0	2.1	2,890
			Max..	2	9.2	15.9	7.8	68.6	3.3	2,995
			Avg..	2	8.1	15.9	6.5	66.8	2.7	2,940

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
Pork, salted and pickled—Continued.											
				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Dry salted belly.	{	Edible portion	{ Min ..	2	-----	17.2	6.7	71.5	-----	3.2	3,150
		{	Max ..	2	-----	18.1	6.8	72.9	-----	3.6	3,200
			Avg ..	2	-----	17.7	6.7	72.2	-----	3.4	3,175
	{		As purchased	{ Min ..	2	7.1	15.6	6.0	66.1	-----	3.0
		{	Max ..	2	9.3	16.8	6.3	66.4	-----	3.4	2,920
			Avg ..	2	8.2	16.2	6.2	66.2	-----	3.2	2,910
Salt pork, clear fat, as purchased	{		Min ..	6	-----	.3	.6	82.8	-----	2.6	3,510
		Max ..	6	-----	12.2	4.5	94.1	-----	4.5	4,010	
		Avg ..	6	-----	7.3	1.8	87.2	-----	3.7	3,715	
Salt pork, lean ends.	{	Edible portion	{ Min ..	4	-----	18.2	6.6	62.3	-----	5.3	2,805
		{	Max ..	4	-----	22.2	9.4	69.8	-----	6.1	3,070
			Avg ..	4	-----	19.9	7.3	67.1	-----	5.7	2,965
	{		As purchased	{ Min ..	4	9.0	16.2	5.8	53.6	-----	4.8
		{	Max ..	4	14.0	19.1	8.0	63.5	-----	5.5	2,790
			Avg ..	4	11.2	17.6	6.5	59.6	-----	5.1	2,635
Tongue	{		Edible portion	{ Min ..	2	-----	51.8	17.6	16.5	-----	.5
		{	Max ..	2	-----	65.4	18.4	23.1	-----	6.7	1,315
			Avg ..	2	-----	58.6	18.0	19.8	-----	3.6	1,170
	{		As purchased	{ Min ..	2	1.2	49.1	17.4	16.3	-----	.5
		{	Max ..	2	5.2	64.6	17.5	21.9	-----	6.3	1,250
			Avg ..	2	3.2	56.8	17.5	19.1	-----	3.4	1,130
Feet	{		Edible portion	{ Min ..	2	-----	61.7	12.9	11.5	-----	.9
		{	Max ..	2	-----	74.7	19.2	18.1	-----	1.0	1,120
			Avg ..	2	-----	68.2	16.1	14.8	-----	.9	925
	{		As purchased	{ Min ..	2	26.7	34.4	9.4	8.5	-----	.5
		{	Max ..	2	44.3	54.7	10.7	10.1	-----	.7	625
			Avg ..	2	35.5	44.6	10.0	9.3	-----	.6	580
Bacon, smoked :											
Lean	{	Edible portion	1	-----	32.7	16.4	45.2	-----	5.7	2,210	
		As purchased	1	9.6	29.6	14.9	40.8	-----	5.1	2,000	
Medium fat .	{	Edible portion	{ Min ..	12	-----	7.7	6.8	57.4	-----	2.7	2,640
		{	Max ..	12	-----	26.9	13.4	79.7	-----	7.9	3,510
			Avg ..	12	-----	18.2	10.0	67.2	-----	4.6	3,020
	{		As purchased	{ Min ..	12	2.9	7.1	6.2	52.7	-----	2.4
		{	Max ..	12	13.0	24.8	12.1	72.8	-----	7.2	3,200
			Avg ..	12	8.0	16.8	9.2	61.8	-----	4.2	2,780
All analyses	{		Edible portion	{ Min ..	13	-----	7.7	6.8	45.2	-----	2.7
		{	Max ..	13	-----	32.7	16.4	79.7	-----	7.9	3,510
			Avg ..	13	-----	19.3	10.5	65.5	-----	4.7	2,960
	{		As purchased	{ Min ..	13	2.9	7.1	6.2	40.8	-----	2.4
		{	Max ..	13	13.0	29.6	14.9	72.8	-----	5.1	3,200
			Avg ..	13	8.1	17.8	9.6	60.2	-----	4.3	2,720
Pork, organs and sides.											
Heart, as purchased			1	-----	75.6	17.1	6.3	-----	1.0	585	
Kidney, as purchased			1	-----	79.5	15.2	4.1	-----	1.2	455	
Liver, as purchased			1	-----	71.4	21.3	4.5	1.4	1.4	610	
Lungs, as purchased			1	-----	83.3	11.8	4.0	-----	.9	390	
Pork side ¹	{	Edible portion	{ Min ..	3	-----	26.2	7.8	59.1	-----	.4	2,655
		{	Max ..	3	-----	31.8	8.9	65.6	-----	.5	2,915
			Avg ..	3	-----	29.4	8.5	61.7	-----	.4	2,760
	{		As purchased	{ Min ..	3	7.9	24.1	7.2	51.1	-----	.4
		{	Max ..	3	13.5	27.5	7.8	60.4	-----	.4	2,685
			Avg ..	3	11.2	26.1	7.5	54.8	-----	.4	2,455
Pork, canned.											
Head, as purchased			1	-----	60.1	17.8	19.3	-----	2.8	1,145	
Sausage.											
Arles	{	Edible portion	1	-----	17.2	24.9	50.6	-----	7.3	2,600	
		As purchased	1	5.2	16.3	23.6	48.0	-----	6.9	2,465	
Banquet	{	Edible portion	1	-----	62.7	17.9	15.7	-----	3.7	995	
		As purchased	1	1.6	61.7	17.7	15.4	-----	3.6	980	
Bologna	{	Edible portion	{ Min ..	7	-----	53.5	15.0	11.1	-----	3.0	820
		{	Max ..	7	-----	67.0	20.7	24.0	.5	5.2	1,290
			Avg ..	7	-----	59.5	18.6	18.2	.1	3.6	1,115
	{		As purchased	{ Min ..	4	2.4	51.6	14.6	13.9	-----	3.0
		{	Max ..	4	4.5	59.9	20.0	23.4	-----	5.0	1,260
			Avg .. ²	4	3.3	55.2	18.0	19.7	-----	3.8	1,165

¹ Lard and other fats included.² Refuse, skin.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Sausage—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Bologna, dried and { Edible portion.....	1	27.6	27.6	32.6	3.9	8.3	1,960
smoked, Swedish { As purchased ¹	1	3.0	26.8	26.8	31.6	3.8	8.0	1,900
Bologna, cervelat, imported, as purchased..	1	20.6	25.9	41.2	4.8	7.5	2,310
Farmer { Edible portion.....	1	23.2	27.2	42.0	7.6	2,280
..... { As purchased.....	1	3.9	22.2	26.2	40.4	7.3	2,195
Frankfort, as purchased.....	{ Min ..	6	40.3	17.9	14.87	975
	{ Max ..	6	63.8	33.1	25.9	2.4	8.1	1,710
	{ Avg ..	6	55.5	21.7	18.8	.4	3.6	1,205
Holstein { Edible portion.....	1	25.6	29.4	37.3	3.4	4.3	2,185
	{ As purchased ¹	1	2.2	25.1	28.7	36.5	3.3	2,135
Lyons { Edible portion.....	1	32.5	32.3	27.2	8.0	1,750
	{ As purchased ¹	1	10.0	29.2	29.1	24.5	7.2	1,575
Pork, as purchased.....	{ Min ..	9	25.7	8.8	28.2	1.9	1,460
	{ Max ..	9	54.4	15.9	56.8	3.5	2.7	2,635
	{ Avg ..	9	38.7	12.8	45.4	.8	2.3	2,170
Pork sausage meat, as purchased.....	1	46.2	17.9	32.5	3.4	1,705
Salmi { Edible portion {	Min ..	2	28.6	22.5	37.8	6.9	2,015
	Max ..	2	32.4	22.7	42.0	7.1	2,190
	Avg ..	2	30.5	22.6	39.9	7.0	2,105
	Min ..	2	7.5	26.5	20.2	33.6	6.4	1,795
	Max ..	2	11.0	28.8	20.8	38.8	6.4	2,025
Summer..... { As purchased {	Avg. ¹ ..	2	9.3	27.6	20.5	36.2	6.4	1,910
	Min ..	3	20.0	22.8	43.0	7.3	2,265
	Max ..	3	25.0	26.6	45.7	8.0	2,425
	Avg ..	3	23.2	24.6	44.5	7.7	2,335
	Min ..	3	5.2	18.2	21.6	41.6	6.9	2,200
Tongue, as purchased.....	Max ..	3	8.9	23.7	24.3	42.6	7.0	2,200
	Avg. ¹ ..	3	7.0	20.9	23.0	42.1	7.0	2,200
	1	46.4	17.3	33.1	3.2	1,720
<i>Sausage, canned.</i>								
Beef, as purchased.....	1	59.6	17.8	20.6	2.0	1,200
Bologna (Italian), as purchased.....	1	42.6	23.2	27.8	6.4	1,605
Frankfort, as purchased.....	1	72.7	14.6	9.9	2.8	690
Oxford, as purchased.....	1	28.9	9.9	58.5	.6	2.1	2,650
Pork..... { Edible portion.....	1	56.6	16.6	24.8	2.0	1,355
..... { As purchased.....	1	² 12.6	49.5	14.5	21.6	1.8	1,180
<i>Soups.</i>								
Asparagus, cream of, as purchased.....	1	87.4	2.5	3.2	5.5	1.4	285
Bouillon, as purchased.....	{ Min ..	2	96.5	1.71	.9	40
	{ Max ..	2	96.6	2.4	.1	.3	1.4	50
	{ Avg ..	2	96.5	2.0	.1	.2	1.2	45
Celery, cream of, as purchased.....	1	88.6	2.1	2.8	5.0	1.5	250
Chicken, as purchased.....	{ Min ..	2	93.2	3.2	1.2	.9	90
	{ Max ..	2	94.5	3.9	.2	1.7	1.2	105
	{ Avg ..	2	93.8	3.6	.1	1.5	1.0	100
Chicken gumbo, as purchased.....	{ Min ..	2	86.8	3.0	.2	3.8	1.3	135
	{ Max ..	2	91.7	4.6	1.7	5.5	1.4	260
	{ Avg ..	2	89.2	3.8	.9	4.7	1.4	200
Consommé, as purchased.....	1	96.0	2.54	1.1	55
Corn, cream of, as purchased.....	1	86.8	2.5	1.9	7.8	1.0	275
Julienne, as purchased.....	1	95.9	2.75	.9	60
Meat stew, as purchased.....	{ Min ..	3	83.3	3.7	2.0	4.3	1.1	255
	{ Max ..	3	87.6	5.0	6.4	5.6	1.3	435
	{ Avg ..	3	85.7	4.5	3.5	5.1	1.2	325
Mock turtle.....	{ Min ..	2	88.9	4.5	.5	1.6	1.2	160
	{ Max ..	2	90.8	5.9	1.3	3.9	1.4	210
	{ Avg ..	2	89.8	5.2	.9	2.8	1.3	185
Mullagatawny, as purchased.....	{ Min ..	2	87.2	3.3	3.8	1.1	145
	{ Max ..	2	91.3	4.1	.3	7.6	1.3	215
	{ Avg ..	2	89.3	3.7	.1	5.7	1.2	180
Ox tail..... { Edible portion {	Min ..	2	88.3	3.9	.5	4.2	1.3	175
	Max ..	2	89.4	4.1	2.1	4.3	1.9	245
	Avg ..	2	88.8	4.0	1.3	4.3	1.6	210
..... { As purchased.....	1	1.8	87.8	3.8	.5	4.2	1.9	170
Pea, as purchased.....	{ Min ..	2	81.6	2.6	6.9	1.0	220
	{ Max ..	2	88.5	5.8	1.0	11.1	1.5	315
	{ Avg ..	2	85.1	4.2	.5	9.0	1.2	265
Pea, cream of green, as purchased.....	1	87.7	2.6	2.7	5.7	1.3	270
Tomato, as purchased.....	{ Min ..	2	89.7	1.7	.9	5.3	1.2	180
	{ Max ..	2	90.4	1.9	1.2	6.0	1.7	185
	{ Avg ..	2	90.0	1.8	1.1	5.6	1.5	185

¹ Refuse, skin or case.² Refuse, liquid.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
Soups—Continued.									
Turtle, green, as purchased		1	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Vegetable, as purchased		1		86.6	6.1	1.9	3.9	1.5	270
				95.7	2.9		.5	.9	65
Poultry and game, fresh.									
Chicken	{ Edible portion .	{ Min ..	2		72.2	21.1	1.6	1.0	460
		{ Max ..	2		76.3	24.5	1.9	1.4	535
		{ Avg ..	2		74.2	22.8	1.8	1.2	500
	{ As purchased ..	{ Min ..	2	31.4	44.6	14.4	1.1	.7	315
		{ Max ..	2	38.2	52.4	15.1	1.2	.9	330
		{ Avg ..	2	34.8	48.5	14.8	1.1	.8	325
Fowl	{ Edible portion .	{ Min ..	5		62.8	11.8	12.5	1.0	890
		{ Max ..	5		71.0	21.1	15.9	1.3	1,020
		{ Avg ..	5		65.2	19.3	14.4	1.1	965
	{ As purchased ..	{ Min ..	5	18.0	38.3	9.7	7.2	.6	510
		{ Max ..	5	42.7	58.2	14.8	13.0	1.1	780
		{ Avg ..	5	30.0	45.6	13.4	10.2	.8	680
Goose.....	{ Edible portion .	{ Min ..	2		37.9	9.8	36.2	.7	1,830
		{ Max ..	2		46.7	16.3	51.6	.8	2,360
		{ Avg ..	2		42.3	13.0	43.9	.8	2,095
	{ As purchased ..	{ Min ..	2	17.6	27.8	7.2	29.8	.5	1,505
		{ Max ..	2	26.7	38.5	13.4	37.8	.7	1,730
		{ Avg ..	2	22.2	33.1	10.3	33.8	.6	1,620
Turkey	{ Edible portion .	{ Min ..	3		49.5	18.9	8.7	.9	810
		{ Max ..	3		66.1	23.9	30.7	1.3	1,650
		{ Avg ..	3		55.5	20.6	22.9	1.0	1,350
	{ As purchased ..	{ Min ..	3	17.1	41.1	15.5	5.9	.7	550
		{ Max ..	3	32.4	44.7	16.1	25.5	.9	1,365
		{ Avg ..	3	22.7	42.4	15.7	18.4	.8	1,070
Chicken, gizzard, as purchased		1		72.5	24.7	1.4		1.4	520
Chicken, heart, as purchased		1		72.0	21.1	5.5		1.4	625
Chicken, liver, as purchased		1		69.3	22.4	4.2	2.4	1.7	635
Goose, gizzard, as purchased.....		1		73.8	19.4	5.8		1.0	605
Goose, heart, as purchased.....		1		62.6	16.6	15.9	3.7	1.2	980
Turkey, gizzard, as purchased.....		1		62.7	20.5	14.5	1.2	1.1	1,015
Turkey, heart, as purchased		1		68.6	17.2	13.2		1.0	875
Turkey, liver, as purchased.....		1		69.6	22.9	5.2	.6	1.7	655
Poultry and game, canned.									
Chicken, as purchased		1		46.9	20.5	30.0		2.6	1,645
Plover, as purchased.....		1		57.7	22.4	10.2	7.6	2.1	990
Quail, as purchased		1		66.9	21.8	8.0	1.7	1.6	775
Turkey, as purchased.....		1		47.4	20.7	29.2		2.7	1,615
Fish.									
Alewife, whole..	{ Edible portion .	{ Min ..	2		72.7	18.8	3.8	1.5	510
		{ Max ..	2		75.9	19.5	6.0	1.5	615
		{ Avg ..	2		74.4	19.2	4.9	1.5	565
	{ As purchased ..	{ Min ..	2	49.4	36.9	9.5	1.9	.8	255
		{ Max ..	2	49.5	38.3	9.9	3.0	.8	310
		{ Avg ..	2	49.5	37.6	9.7	2.4	.8	280
Bass, black, whole.	{ Edible portion .	{ Min ..	2		74.8	19.2	1.0	1.2	400
		{ Max ..	2		78.6	21.5	2.5	1.2	505
		{ Avg ..	2		76.7	20.4	1.7	1.2	450
	{ As purchased ..	{ Min ..	2	53.6	34.6	8.5	.4	.5	175
		{ Max ..	2	56.0	34.7	19.0	1.1	.6	230
		{ Avg ..	2	54.8	34.6	9.3	.8	.5	205
Bass, red, whole.	{ Edible portion ..	1		81.6	16.7	.5		1.2	330
	{ As purchased ..	1	63.5	29.8	6.1	.2		.4	120
Bass, sea, whole.	{ Edible portion ..	1		79.3	18.8	.5		1.4	370
	{ As purchased ..	1	56.1	34.8	8.3	.2		.6	160
Bass, striped, whole.	{ Edible portion .	{ Min ..	6		75.8	16.9	2.1	.9	405
		{ Max ..	6		79.6	19.3	4.6	1.4	525
		{ Avg ..	6		77.7	18.3	2.8	1.2	460
	{ As purchased ..	{ Min ..	5	48.6	32.5	7.2	.7	.5	170
		{ Max ..	5	57.1	39.7	9.7	1.6	.6	240
		{ Avg ..	5	55.0	35.1	8.3	1.1	.5	200
Bass, striped, entrails removed, as pur- chased.....		1	51.2	37.4	8.7	2.2		.5	255
Blackfish, whole	{ Edible portion .	{ Min ..	4		77.0	17.4	.6	.7	350
		{ Max ..	4		81.0	19.0	2.8	1.4	470
		{ Avg ..	4		79.1	18.5	1.3	1.1	400
	{ As purchased ..	{ Min ..	2	56.2	29.2	6.3	.2	.2	125
		{ Max ..	2	64.1	33.7	8.3	1.2	.6	205
		{ Avg ..	2	60.1	31.5	7.3	.7	.4	165

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
Fish—Continued.				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Blackfish, entrails removed, as purchased.	{	Min ..	2	53.6	33.5	7.9	.44	165	
		Max ..	2	57.8	36.4	8.7	.76	190	
		Avg ..	2	55.7	35.0	8.3	.55	175	
Bluefish, entrails removed.	{	Edible portion ..	1	78.5	19.0	1.2	1.3	405	
		As purchased ..	1	48.6	40.3	9.8	.67	205	
Buffalo-fish, entrails removed.	{	Edible portion ..	1	78.6	17.9	2.3	1.2	430	
		As purchased ..	1	52.5	37.3	8.5	1.16	205	
Butter-fish, whole.	{	Edible portion ..	1	70.0	17.8	11.0	1.2	795	
		As purchased ..	1	42.8	40.1	10.2	6.36	455	
Cisco, whole....	{	Edible portion ..	1	76.1	19.1	3.5	1.3	505	
		As purchased ..	1	42.7	43.6	11.0	2.07	290	
Cod, whole.....	{	Edible portion ..	Min ..	5	80.7	15.0	.3	1.0	285
		Max ..	5	83.5	17.6	.5	1.3	340	
		Avg ..	5	82.6	15.8	.4	1.2	310	
	As purchased ..	Min ..	2	48.5	35.1	7.7	.16	145	
		Max ..	2	56.5	42.3	8.3	.36	165	
		Avg ..	2	52.5	38.7	8.0	.26	155	
Cod, dressed, as purchased.....	{	Min ..	3	25.5	55.3	9.9	.28	190	
		Max ..	3	33.7	62.1	11.4	.39	220	
		Avg ..	3	29.9	58.5	10.6	.28	205	
Cod, sections, as purchased.....	{	Min ..	3	81.8	15.0	.18	300	
		Max ..	3	83.5	17.2	.5	1.0	330	
		Avg ..	3	82.5	16.3	.39	315	
Cod, steaks	{	Edible portion ..	1	79.7	18.6	.5	1.2	365	
		As purchased ..	1	9.2	72.4	16.9	.5	1.0	335	
Cusk, entrails removed.	{	Edible portion ..	1	82.0	16.9	.29	325	
		As purchased ..	1	40.3	49.0	10.1	.15	190	
Eels, salt water, dressed.	{	Edible portion ..	Min ..	2	69.8	17.6	7.99	660
		Max ..	2	73.4	19.0	10.3	1.1	790	
		Avg ..	2	71.6	18.3	9.1	1.0	725	
	As purchased ..	Min ..	2	19.0	54.9	14.3	6.47	535	
		Max ..	2	21.4	59.4	14.9	8.19	620	
		Avg ..	2	20.2	57.2	14.6	7.28	575	
Flounder, whole	{	Edible portion ..	Min ..	3	83.4	12.9	.4	1.2	275
		Max ..	3	85.0	14.7	.7	1.3	300	
		Avg ..	3	84.2	13.9	.6	1.3	285	
	As purchased ..	Min ..	2	56.2	27.2	5.2	.25	120	
		Max ..	2	66.8	37.0	6.1	.35	130	
		Avg ..	2	61.5	32.1	5.6	.35	115	
Flounder, entrails removed, as purchased..			1	57.0	35.8	6.3	.36	130	
Haddock, entrails removed.	{	Edible portion ..	Min ..	4	80.3	15.9	.1	1.0	305
		Max ..	4	82.6	18.4	.4	1.6	350	
		Avg ..	4	81.7	16.8	.3	1.2	325	
	As purchased ..	Min ..	4	48.0	38.5	7.8	.15	150	
		Max ..	4	52.9	42.9	8.9	.28	170	
		Avg ..	4	51.0	40.0	8.2	.26	160	
Hake, entrails removed.	{	Edible portion ..	1	83.1	15.2	.7	1.0	310	
		As purchased ..	1	52.5	39.5	7.2	.35	145	
Halibut, steaks or sections.	{	Edible portion ..	Min ..	3	70.1	17.5	2.29	420
		Max ..	3	79.2	19.4	10.6	1.2	785	
		Avg ..	3	75.4	18.3	5.2	1.1	560	
	As purchased ..	Min ..	3	11.2	60.9	13.4	1.77	320	
		Max ..	3	23.1	62.6	16.1	9.4	1.0	695	
		Avg ..	3	17.7	61.9	15.1	4.49	465	
Herring, whole.	{	Edible portion ..	Min ..	2	69.0	18.5	3.2	1.5	490
		Max ..	2	76.0	19.2	11.0	1.6	810	
		Avg ..	2	72.5	18.9	7.1	1.5	650	
	As purchased ..	Min ..	2	39.3	37.3	10.0	1.98	300	
		Max ..	2	46.0	46.1	11.7	5.9	1.0	435	
		Avg ..	2	42.6	41.7	10.9	3.99	370	
Kingfish, whole.	{	Edible portion ..	1	79.2	18.7	.9	1.2	385	
		As purchased ..	1	56.6	34.4	8.1	.45	170	
Lamprey, whole.	{	Edible portion ..	1	71.1	14.9	13.37	840	
		As purchased ..	1	45.8	38.5	8.1	7.24	455	
Mackerel, whole	{	Edible portion ..	Min ..	6	64.0	17.5	2.2	1.0	430
		Max ..	6	78.7	19.3	16.3	1.5	1,025	
		Avg ..	6	73.4	18.2	7.1	1.3	640	
	As purchased ..	Min ..	5	33.8	35.8	8.4	1.46	300	
		Max ..	5	57.9	48.5	12.1	10.7	1.0	675	
		Avg ..	5	44.6	40.4	10.0	4.37	370	
Mackerel, entrails removed, as purchased..			1	40.7	43.7	11.4	3.57	360	
Mullet, whole...	{	Edible portion ..	1	74.9	19.3	4.6	1.2	555	
		As purchased ..	1	57.9	31.5	8.1	2.05	235	
Muskellunge, whole.	{	Edible portion ..	1	76.3	19.6	2.5	1.6	470	
		As purchased ..	1	49.2	38.7	10.0	1.38	240	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
Fish—Continued.			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Perch, white, whole.	Edible portion	Min ..	2	75.6	17.7	2.5	1.1	485	
		Max ..	2	75.8	20.4	5.6	1.3	565	
		Avg ..	2	75.7	19.1	4.0	1.2	525	
	As purchased ..	Min ..	2	61.8	27.8	6.5	1.0	.4	185
		Max ..	2	63.2	28.9	7.8	2.1	.5	210
		Avg ..	2	62.5	28.4	7.2	1.5	.4	195
Perch, pike (wall- eyed pike).	Edible portion ..	1	79.7	18.4	.5	1.4	365		
	As purchased ..	1	57.2	34.1	7.9	.2	.6	155	
Perch, yellow, whole.	Edible portion	Min ..	2	78.1	17.9	.6	1.1	360	
		Max ..	2	80.4	19.5	1.1	1.3	410	
		Avg ..	2	79.3	18.7	.8	1.2	385	
Perch, yellow, dressed, as purchased ..		1	62.7	30.0	6.7	.2	.4	135	
		1	35.1	50.7	12.6	.7	.9	265	
Pickerel (pike), whole.	Edible portion	Min ..	3	79.5	18.4	.5	1.0	365	
		Max ..	3	79.9	18.9	.6	1.2	375	
		Avg ..	3	79.8	18.6	.5	1.1	365	
	As purchased ..	Min ..	2	45.4	40.8	9.7	.2	.6	190
		Max ..	2	48.7	43.6	10.2	.3	.7	200
		Avg ..	2	47.1	42.2	9.8	.2	.7	190
Pickerel (pike), entrails removed, as pur- chased ..		1	42.7	45.7	10.7	.3	.6	210	
Pike, gray, whole.	Edible portion ..	1	80.8	17.3	.8	1.1	355		
	As purchased ..	1	63.2	29.7	6.4	.3	.4	130	
Pollock, dressed	Edible portion ..	1	76.0	21.7	.8	1.5	440		
	As purchased ..	1	28.5	54.3	15.5	.6	1.1	315	
Pompano, whole	Edible portion	Min ..	2	67.4	18.1	1.6	1.0	405	
		Max ..	2	78.2	19.2	13.5	1.0	925	
		Avg ..	2	72.8	18.7	7.5	1.0	665	
	As purchased ..	Min ..	2	42.4	38.8	9.9	.8	.5	220
		Max ..	2	48.6	40.2	10.5	7.8	.5	525
		Avg ..	2	45.5	39.5	10.2	4.3	.5	370
Porgy, whole ...	Edible portion	Min ..	3	72.0	17.5	1.5	1.4	390	
		Max ..	3	79.7	19.3	7.9	1.4	685	
		Avg ..	3	75.0	18.5	5.1	1.4	560	
	As purchased ..	Min ..	3	57.3	27.8	6.1	.5	135	
		Max ..	3	65.1	31.1	8.2	3.4	.6	295
		Avg ..	3	60.0	29.9	7.4	2.1	.6	225
Red grouper, en- trails removed.	Edible portion	Min ..	2	79.0	18.4	.5	1.1	365	
		Max ..	2	79.9	19.2	.7	1.2	385	
		Avg ..	2	79.5	18.8	.6	1.1	375	
	As purchased ..	Min ..	2	55.8	34.8	8.2	.2	.5	160
		Max ..	2	55.9	35.3	8.5	.3	.5	170
		Avg ..	2	55.9	35.0	8.4	.2	.5	165
Red snapper, whole.	Edible portion	Min ..	3	77.3	18.3	.5	1.3	360	
		Max ..	3	79.8	19.9	1.9	1.3	440	
		Avg ..	3	78.5	19.2	1.0	1.3	400	
	As purchased ..	Min ..	2	39.6	36.8	9.2	.4	.6	190
		Max ..	2	52.5	47.2	12.0	.9	.8	260
		Avg ..	2	46.1	42.0	10.6	.6	.7	220
Red snapper, entrails and gills removed, as purchased ..		1	45.3	43.7	10.0	.3	.7	200	
Salmon, whole ..	Edible portion	Min ..	7	61.0	17.3	10.2	1.1	855	
		Max ..	7	69.5	24.5	15.0	1.6	1,005	
		Avg ..	7	65.2	20.6	12.8	1.4	925	
	As purchased ..	Min ..	5	30.8	30.0	7.7	5.4	.6	370
		Max ..	5	56.3	45.0	14.8	10.0	1.0	670
		Avg ..	5	39.2	39.4	12.4	8.1	.9	570
Salmon, entrails removed, as pur- chased.	Min ..	2	23.8	45.0	12.4	6.6	.9	510	
	Max ..	2	35.2	51.2	14.6	9.5	.9	675	
	Avg ..	2	29.5	48.1	13.5	8.1	.8	590	
Salmon, Califor- nia, sections.	Edible portion	Min ..	2	62.7	17.0	16.5	1.0	1,030	
		Max ..	2	64.5	18.0	19.2	1.1	1,125	
		Avg ..	2	63.6	17.5	17.9	1.0	1,080	
	As purchased ..	1	10.3	57.9	16.1	14.8	.9	925	
Shad, whole.....	Edible portion	Min ..	7	65.3	17.8	6.5	.9	630	
		Max ..	7	73.6	20.0	13.6	1.5	940	
		Avg ..	7	70.6	18.6	9.5	1.3	745	
	As purchased ..	Min ..	7	44.4	30.3	7.4	2.9	.6	260
		Max ..	7	58.8	39.5	10.5	7.3	.8	505
		Avg ..	7	50.1	35.2	9.2	4.8	.7	375
Shad roe, as purchased ..		1	71.2	20.9	3.8	2.6	1.5	600	
Sheepshead, whole.	Edible portion	Min ..	2	72.0	18.9	.7	1.1	380	
		Max ..	2	79.1	20.2	6.7	1.3	660	
		Avg ..	2	75.6	19.5	3.7	1.2	520	
	As purchased ..	1	66.0	26.9	6.4	.2	.5	125	

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
Fish—Continued.									
Sheepshead, entrails removed, as pur- chased.....	1	<i>Per ct.</i> 56.5	<i>Per ct.</i> 31.3	<i>Per ct.</i> 8.8	<i>Per ct.</i> 2.9	<i>Per ct.</i>	<i>Per ct.</i> .5	<i>Calories.</i> 285	
Skate, lobe of { body. {	Edible portion.....	1	82.2	15.3	1.4	1.1	345	
	As purchased.....	1	51.0	40.2	7.5	.7	.6	170	
Smelt, whole.... {	Edible portion .. {	Min ..	2	78.2	15.9	1.6	1.4	375	
		Max ..	2	80.2	18.8	1.9	2.0	420	
		Avg ..	2	79.2	17.3	1.8	1.7	400	
	As purchased .. {	Min ..	2	34.8	39.9	9.6	.8	.7	215
		Max ..	2	49.0	52.3	10.4	1.2	1.3	245
		Avg ..	2	41.9	46.1	10.0	1.0	1.0	230
Spanish mackerel, whole. {	Edible portion.....	1	68.1	21.0	9.4	1.5	790	
	As purchased.....	1	34.6	44.5	13.7	6.2	1.0	515	
Sturgeon, ante- rior sections. {	Edible portion.....	1	78.7	18.0	1.9	1.4	415	
	As purchased.....	1	14.4	67.4	15.4	1.6	1.2	355	
Trout, brook, { whole. {	Edible portion .. {	Min ..	3	75.8	18.4	.8	1.0	380	
		Max ..	3	79.8	20.0	2.9	1.4	495	
		Avg ..	3	77.8	18.9	2.1	1.2	440	
	As purchased .. {	Min ..	3	45.2	38.6	9.2	.4	.5	225
		Max ..	3	50.1	43.8	10.2	1.5	.7	255
		Avg ..	3	48.1	40.4	9.8	1.1	.6	230
Tomcod, whole. {	Edible portion.....	1	81.5	17.1	.4	1.0	335	
	As purchased.....	1	59.9	32.7	6.8	.2	.4	135	
Turbot, whole .. {	Edible portion.....	1	71.4	12.9	14.4	1.3	850	
	As purchased.....	1	47.7	37.3	6.8	7.5	.7	440	
Weakfish, whole {	Edible portion.....	1	79.0	17.4	2.4	1.2	425	
	As purchased.....	1	51.9	38.0	8.4	1.1	.6	200	
Whitefish, whole {	Edible portion.....	1	69.8	22.1	6.5	1.6	685	
	As purchased.....	1	53.5	32.5	10.3	3.0	.7	325	
Fish, preserved and canned.									
Cod, salt..... {	Edible portion .. {	Min ..	2	53.5	21.2	.3	24.3	405	
		Max ..	2	53.6	21.7	.4	25.0	420	
		Avg ..	2	53.6	21.4	.4	24.6	415	
	As purchased .. {	Min ..	2	24.3	40.0	15.7	.3	18.4	305
		Max ..	2	25.5	40.5	16.4	.4	18.5	320
		Avg ..	2	24.9	40.3	16.0	.4	18.4	315
Cod, boneless, salt, as purchased ..	1	54.4	22.2	.3	23.1	425			
Haddock, { smoked. {	Edible portion.....	1	72.5	23.7	.2	3.6	450		
	As purchased.....	1	32.2	49.2	16.1	.1	2.4	305	
Haddock, smoked, canned, cooked, as pur- chased ..	1	68.7	21.8	2.3	7.2	505			
Halibut, smoked {	Edible portion .. {	Min ..	2	47.7	18.1	14.4	14.9	995	
		Max ..	2	51.1	23.0	15.6	15.2	1,035	
		Avg ..	2	49.4	20.6	15.0	15.0	1,015	
	As purchased .. {	Min ..	2	5.9	44.9	16.7	13.6	13.9	920
		Max ..	2	8.0	47.0	21.6	14.4	14.0	975
		Avg ..	2	7.0	46.0	19.1	14.0	13.9	945
Herring, smoked, { entrails removed. {	Edible portion.....	1	34.6	36.4	15.8	13.2	1,345	
	As purchased.....	1	44.4	19.2	20.2	8.8	7.4	745	
Lamprey, canned, { Russia. {	Edible portion.....	1	63.3	16.9	12.2	3.6	4.0	895	
	As purchased.....	1	18.2	51.7	13.8	10.0	3.3	735	
Mackerel, salt, en- trails removed. {	Edible portion.....	1	42.2	22.0	22.6	13.2	1,360	
	As purchased ..	1	22.9	32.5	17.0	17.4	10.2	1,050	
Mackerel, salt, { dressed. {	Edible portion .. {	Min ..	2	43.2	16.9	24.9	12.0	1,380	
		Max ..	2	43.6	17.7	27.9	13.8	1,490	
		Avg ..	2	43.4	17.3	26.4	12.9	1,435	
	As purchased .. {	Min ..	2	17.0	33.8	13.7	19.3	10.0	1,070
		Max ..	2	22.4	35.8	14.0	23.2	10.8	1,230
		Avg ..	2	19.7	34.8	13.9	21.2	10.4	1,150
Mackerel, salt, canned, as purchased ..	1	68.2	19.9	8.7	3.2	735			
Mackerel, salt, { canned in oil. {	Edible portion.....	1	58.2	22.0	14.1	1.6	4.1	1,035	
	As purchased.....	1	31.5	39.9	15.0	9.7	1.1	2.8	710
Minogy, pickled, { canned. {	Edible portion.....	1	56.5	21.9	18.6	3.0	1,190	
	As purchased.....	1	18.7	46.0	17.8	15.1	2.4	970	
Pilchard in tomatoes, canned, Russia, as purchased ..	1	52.7	27.5	15.8	4.0	1,180			
Salmon, canned .. {	Edible portion .. {	Min ..	6	57.5	17.2	2.4	1.8	420	
		Max ..	6	71.1	23.7	21.5	7.1	2.5	1,265
		Avg ..	6	64.9	20.7	10.8	1.2	2.4	865
	As purchased .. {	Min ..	3	11.7	54.6	18.8	7.0	1.5	660
		Max ..	3	16.9	58.2	20.3	9.8	2.4	765
		Avg ..	3	14.2	56.8	19.5	7.5	2.0	680
Sardines, canned {	Edible portion.....	1	56.4	25.3	12.7	5.6	1,010	
	As purchased.....	1	5.0	53.6	24.0	12.1	5.3	955	

¹ Refuse, oil.² Refuse, liquids.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.										
Fish, preserved and canned—Continued.										
Sturgeon, dried, { Edible portion	1	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
Russia. { As purchased	1	12.7	44.1	28.1	8.4	-----	7.6	1,005		
Sturgeon, caviare, pressed, Russia, as pur- chased	1	-----	38.1	30.0	19.7	7.6	4.6	1,530		
Tunny, canned, as purchased	1	-----	72.7	21.5	4.1	-----	1.7	575		
Tunny, canned, { Edible portion	1	-----	51.3	23.8	20.0	.6	4.3	1,295		
in oil, Russia. { As purchased	1	16.7	42.7	20.3	16.7	-----	3.6	1,085		
Shellfish, etc., fresh.										
Clams, long, in shell. {	Edible portion { Min ..	4	-----	85.0	8.1	1.0	1.6	2.0	225	
	Max ..	4	-----	86.1	9.0	1.2	2.5	3.0	255	
	Avg ..	4	-----	85.8	8.6	1.0	2.0	2.6	240	
	As purchased .. {	Min ..	4	39.9	47.2	4.4	.5	.9	1.2	120
		Max ..	4	45.2	51.7	5.2	.7	1.5	1.7	150
		Avg ..	4	41.9	49.9	5.0	.6	1.1	1.5	140
Clams, round, in shell. {	Edible portion	1	-----	86.2	6.5	.4	4.2	2.7	215	
	As purchased	1	67.5	28.0	2.1	.1	1.4	.9	70	
Clams, round, from shell, as purchased	1	-----	80.8	10.6	1.1	5.2	2.3	340		
Crabs, hard, {	Edible portion	1	-----	77.1	16.6	2.0	1.2	3.1	415	
	As purchased	1	52.4	36.7	7.9	.9	.6	1.5	195	
Crayfish, a b d o- men. {	Edible portion	1	-----	81.2	16.0	.5	1.0	1.3	335	
	As purchased ²	1	86.6	10.9	2.1	.1	.1	.2	45	
Lobster, whole.. {	Edible portion {	Min ..	4	-----	68.6	11.6	1.5	-----	1.6	290
		Max ..	4	-----	84.3	25.4	2.5	.9	4.0	555
		Avg ..	4	-----	79.2	16.4	1.8	.4	2.2	390
	As purchased .. {	Min ..	4	44.0	18.0	4.4	.5	-----	.6	115
		Max ..	4	73.7	47.2	6.5	.9	.4	1.1	165
		Avg ..	4	61.7	30.7	5.9	.7	.2	.8	145
Mussels..... {	Edible portion	1	-----	84.2	8.7	1.1	4.1	1.9	285	
	As purchased	1	46.7	44.9	4.6	.6	2.2	1.0	150	
Oysters in the shell. {	Edible portion {	Min ..	34	-----	80.5	4.2	.6	1.8	1.2	135
		Max ..	34	-----	90.9	10.0	1.9	6.7	2.8	360
		Avg ..	34	-----	86.9	6.2	1.2	3.7	2.0	230
	As purchased .. {	Min ..	34	74.0	10.7	.5	.1	.2	.2	30
		Max ..	34	88.3	23.1	1.8	.4	1.3	.6	65
		Avg ..	34	81.4	16.1	1.2	.2	.7	.4	45
Oysters, "solids," as purchased... {	Min ..	6	-----	85.2	5.7	.9	1.7	.7	175	
	Max ..	6	-----	91.0	6.6	1.8	5.6	1.1	305	
	Avg ..	6	-----	88.3	6.1	1.4	3.3	.9	235	
Scallops, as purchased..... {	Min ..	2	-----	77.8	14.5	-----	1.1	1.3	310	
	Max ..	2	-----	82.8	15.1	.3	5.6	1.5	385	
	Avg ..	2	-----	80.3	14.8	.1	3.4	1.4	345	
Terrapin..... {	Edible portion	1	-----	74.5	21.0	3.5	-----	1.0	540	
As purchased	1	75.4	18.3	5.2	.9	-----	.2	135		
Turtle, green, {	Edible portion	1	-----	79.8	18.5	.5	-----	1.2	365	
	As purchased	1	76.0	19.2	4.4	.1	-----	.3	85	
Shellfish, canned.										
Clams, long, as purchased	1	-----	84.5	9.0	1.3	2.9	2.3	275		
Clams, round, as purchased	1	-----	82.9	10.5	.8	3.0	2.8	285		
Crabs, as purchased..... {	Min ..	2	-----	78.9	15.6	.8	.8	1.8	340	
	Max ..	2	-----	81.0	16.0	2.3	.7	2.1	410	
	Avg ..	2	-----	80.0	15.8	1.5	.7	2.0	370	
Lobsters, as purchased..... {	Min ..	5	-----	76.2	16.7	.5	.5	2.1	340	
	Max ..	5	-----	79.4	19.5	1.7	.6	2.8	445	
	Avg ..	5	-----	77.8	18.1	1.1	.5	2.5	395	
Oysters, as purchased..... {	Min ..	3	-----	84.6	7.0	2.0	4.1	1.2	285	
	Max ..	3	-----	86.0	8.0	2.2	5.2	1.4	310	
	Avg ..	3	-----	85.2	7.4	2.1	4.0	1.3	300	
Shrimps, as purchased.....	1	-----	70.8	25.4	1.0	.2	2.6	520		
Eggs.										
Hens' eggs..... {	Edible portion {	Min ..	39	-----	68.2	9.8	9.1	-----	.6	650
		Max ..	39	-----	75.3	17.4	15.1	-----	1.6	885
		Avg ..	39	-----	73.5	14.9	10.6	-----	1.0	725
	As purchased	-----	10.5	66.0	13.1	9.5	-----	.9	645	
Dairy products, etc.										
Butter	-----	-----	-----	-----	82.4	-----	-----	3,475		
Whole milk	Avg ..	-----	87.0	3.3	4.0	5.0	.7	325		
Skim milk	Avg ..	-----	90.5	3.4	.3	5.1	.7	170		
Buttermilk	Avg ..	-----	91.0	3.0	.5	4.8	.7	165		

¹ Refuse, oil.² Refuse of whole.³ Average per cent shell in several determinations.⁴ Average per cent butter fat found in the 90-day Columbian butter test.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Dairy products, etc.—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Condensed milk	{ Min .. 7	25.7	6.0	.4	44.4	1.9	1,270
	{ Max .. 7	37.3	10.4	9.8	56.9	2.1	1,520
	{ Avg .. 7	30.5	8.2	7.1	52.3	1.9	1,425
Cream	{ Avg	74.0	2.5	18.5	4.5	.5	910
Cheese:								
American pale	1	31.6	28.8	36.2	3.4	2,060
American red	1	28.6	29.6	38.3	3.5	2,165
Boudon	1	55.2	15.4	21.7	.7	7.0	1,215
Cheddar	1	35.6	28.2	32.0	4.2	1,875
Cheshire	1	37.1	26.9	31.6	4.4	1,835
Crown brand	1	31.4	5.2	58.0	2.2	3.2	2,585
Dutch	1	35.2	37.1	17.7	10.0	1,435
Brie	1	60.2	15.9	21.0	1.4	1.5	1,210
Imitation old English	1	20.7	30.1	42.7	1.3	5.2	2,385
Limburger	1	42.1	23.0	29.4	.4	5.1	1,675
Neufchatel	{ Min .. 2	42.7	15.1	22.3	.2	2.3	1,275
	{ Max .. 2	57.2	22.3	32.5	2.9	2.5	1,790
	{ Avg .. 2	50.0	18.7	27.4	1.5	2.4	1,530
Pineapple	{ Min .. 5	11.6	27.0	33.3	2.2	5.1	1,965
	{ Max .. 5	31.0	34.5	45.2	3.1	6.2	2,600
	{ Avg .. 5	23.0	29.9	38.9	2.6	5.6	2,245
Roquefort	1	39.3	22.6	29.5	1.8	6.8	1,700
Swiss	{ Min .. 2	28.9	26.1	33.2	.9	4.4	1,920
	{ Max .. 2	33.8	29.1	36.7	1.7	5.2	2,105
	{ Avg .. 2	31.4	27.6	34.9	1.3	4.8	2,010
Whole milk ²	{ Min .. 19	27.0	17.9	25.0	2.5	1,690
	{ Max .. 19	38.0	37.0	44.6	8.8	4.8	2,215
	{ Avg .. 19	33.7	26.0	34.2	2.3	3.8	1,965
Partly skimmed ²	{ Min .. 3	34.8	23.5	23.7	2.3	3.2	1,580
	{ Max .. 3	42.0	27.6	34.5	4.9	3.4	1,965
	{ Avg .. 3	38.2	25.4	29.5	3.6	3.3	1,785
Skim-milk ²	{ Min .. 9	41.2	26.3	6.8	2.0	2.4	1,010
	{ Max .. 9	53.1	38.4	27.8	9.0	5.1	1,740
	{ Avg .. 9	45.7	31.5	16.4	2.2	4.2	1,320
Imitation full cream, Oleo	1	37.9	25.9	31.7	4.5	1,820
<i>Miscellaneous.</i>								
Gelatine	{ Min .. 6	9.6	82.2	1.4	1,545
	{ Max .. 6	15.4	88.3	.4	4.4	1,655
	{ Avg .. 6	13.6	84.2	.1	2.1	1,570
Isinglass, sturgeon	1	19.0	77.4	1.6	2.0	1,510
Spinal column, sturgeon	1	17.7	76.9	.8	4.6	1,465
Mince-meat, commercial	{ Min .. 3	20.8	1.4	.8	56.7	1.1	1,125
	{ Max .. 3	39.7	14.6	2.2	67.4	7.1	1,420
	{ Avg .. 3	27.7	6.7	1.4	60.2	4.0	1,305
Mince-meat, homemade	{ Min .. 2	56.6	3.4	4.9	28.6	1.0	905
	{ Max .. 2	56.9	4.7	7.3	34.1	2.5	930
	{ Avg .. 2	56.8	4.0	6.1	31.3	1.8	915
Animal and other fats, except butter:								
Tallow, refined	100.0	4,220
Lard, refined	100.0	4,220
Cottolene	100.0	4,220
Oleomargarine	{ Min .. 35	6.9	.1	74.9	3.1	3,190
	{ Max .. 35	11.5	4.8	88.8	12.9	3,765
	{ Avg .. 35	9.3	1.3	82.7	6.7	3,515
VEGETABLE FOOD.								
<i>Wheat flours, meals, etc.</i>								
California fine flour	{ Min .. 3	12.4	7.2	1.2	73.9	.4	1,590
	{ Max .. 3	15.6	8.8	1.6	77.8	.5	1,660
	{ Avg .. 3	13.8	7.9	1.4	76.4	.5	1,625
Entire wheat flour	{ Min .. 5	10.1	13.1	1.9	69.5	1.0	1,635
	{ Max .. 5	13.1	15.5	2.1	72.1	1.5	1,700
	{ Avg .. 5	12.1	14.2	1.9	70.6	1.2	1,660
Graham flour	{ Min .. 6	10.3	11.3	1.5	66.0	1.7	1,615
	{ Max .. 6	13.7	15.5	3.6	72.0	2.4	1,710
	{ Avg .. 6	11.8	13.7	2.2	70.3	2.0	1,655
Graham flour, California	1	12.1	8.5	2.0	75.8	1.6	1,650
Low grade flour	{ Min .. 6	9.3	10.0	1.0	64.2	.7	1,640
	{ Max .. 6	12.6	17.9	3.9	75.9	2.0	1,735
	{ Avg .. 6	11.4	13.9	2.6	70.8	1.3	1,685
Roller process flour	{ Min .. 100	9.4	8.3	.6	70.0	.3	1,615
	{ Max .. 100	14.3	14.9	2.0	77.9	.8	1,705
	{ Avg .. 100	12.5	11.3	1.1	74.6	.5	1,645

¹ Protein by difference.² American.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
Wheat flours, meals, etc.—Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Spring wheat flour	{ Min ..	19	8.8	8.6	.5	71.4	.3	1,630	
	{ Max ..	19	13.5	14.4	1.3	78.5	1.1	1,705	
	{ Avg ..	19	11.6	11.8	1.1	75.0	.5	1,660	
Winter wheat flour	{ Min ..	13	10.3	8.5	.5	73.2	.4	1,530	
	{ Max ..	13	14.4	12.3	1.3	78.5	.8	1,665	
	{ Avg ..	13	12.5	10.4	1.0	75.6	.5	1,640	
Unclassified flour	{ Min ..	31	10.7	8.4	.6	71.8	.3	1,625	
	{ Max ..	31	13.5	13.3	1.5	78.9	1.8	1,675	
	{ Avg ..	31	12.3	10.7	1.1	75.4	.5	1,650	
Prepared flours	{ Min ..	7	8.0	9.0	.6	72.5	1.5	1,565	
	{ Max ..	7	12.9	12.2	2.0	78.6	4.9	1,730	
	{ Avg ..	7	10.8	10.1	1.2	74.3	3.6	1,620	
Beck's Breakfastina		1	9.7	11.4	1.7	75.9	1.3	1,695	
Cerealine		1	10.6	9.4	1.0	78.6	.4	1,680	
Crushed wheat	{ Min ..	2	9.8	11.9	1.5	74.0	1.4	1,665	
	{ Max ..	2	11.1	12.0	1.8	75.1	1.4	1,695	
	{ Avg ..	2	10.5	11.9	1.7	74.5	1.4	1,680	
Macaroni and vermicelli	{ Min ..	25	9.1	7.9	-----	66.7	.3	1,540	
	{ Max ..	25	12.3	16.6	5.2	78.4	7.0	1,770	
	{ Avg ..	25	10.8	11.7	1.6	72.9	3.0	1,640	
Rex wheat		1	10.4	11.4	2.1	74.5	1.6	1,685	
Wheat germ meal		1	11.7	11.4	2.2	73.7	1.0	1,675	
Wheatlet		1	10.4	12.3	1.4	75.0	.9	1,685	
White wheat farina	{ Min ..	2	8.7	10.4	1.0	77.0	.1	1,690	
	{ Max ..	2	10.7	11.7	1.8	78.2	.4	1,715	
	{ Avg ..	2	9.7	11.1	1.4	77.6	.2	1,710	
Other flours, meals, etc.									
Barley meal	{ Min ..	3	9.9	9.0	1.5	70.4	1.6	1,535	
	{ Max ..	3	13.6	12.7	3.2	74.5	3.8	1,681	
	{ Avg ..	3	11.9	10.5	2.2	72.8	2.6	1,640	
Barley, pearled	{ Min ..	2	9.8	8.4	.7	77.3	1.0	1,625	
	{ Max ..	2	11.8	10.1	1.2	78.1	1.6	1,675	
	{ Avg ..	2	10.8	9.3	1.0	77.6	1.3	1,660	
Buckwheat flour	{ Min ..	10	12.1	3.9	.5	71.6	.5	1,560	
	{ Max ..	10	17.6	8.2	1.8	80.7	1.3	1,630	
	{ Avg ..	10	14.3	6.1	1.0	77.2	1.4	1,590	
Buckwheat flour, self-rising	{ Min ..	3	11.2	5.5	.8	73.4	4.5	1,510	
	{ Max ..	3	13.4	7.9	1.2	75.8	6.7	1,590	
	{ Avg ..	3	12.2	6.8	1.0	74.7	5.3	1,560	
Buckwheat, farina	{ Min ..	2	10.6	3.3	.3	83.4	.4	1,650	
	{ Max ..	2	11.2	4.8	.6	84.8	.6	1,665	
	{ Avg ..	2	10.9	4.1	.4	84.1	.5	1,660	
Corn meal, bolted	{ Min ..	9	8.8	7.8	1.3	68.4	.5	1,535	
	{ Max ..	9	17.9	9.7	4.0	80.3	1.9	1,720	
	{ Avg ..	9	12.9	8.9	2.2	75.1	.9	1,655	
Corn meal, un- bolted.	{ Edible portion { Min ..	5	10.9	7.8	4.5	73.4	1.3	1,720	
	{ Max ..	5	12.1	8.6	4.7	75.4	1.4	1,740	
	{ Avg ..	5	11.4	8.2	4.6	74.5	1.3	1,730	
	{ As purchased { Min ..	5	¹ 4.2	9.2	6.5	55.7	1.0	1,305	
	{ Max ..	5	¹ 24.1	10.4	7.8	72.2	1.3	1,670	
Corn, hominy	{ Avg ..	5	¹ 10.5	10.2	7.3	4.1	66.7	1.2	1,550
	{ Min ..	5	9.6	6.8	.4	77.3	.2	1,515	
	{ Max ..	5	13.6	9.5	.7	81.3	.7	1,665	
Corn, pop, raw	{ Avg ..	5	11.9	8.2	.6	78.9	.4	1,645	
	{ Min ..	4	8.6	9.7	4.2	70.7	1.2	1,700	
	{ Max ..	4	12.6	13.2	6.0	72.3	1.7	1,795	
Corn, pop, popped	{ Avg ..	4	10.8	11.2	5.2	71.4	1.4	1,755	
	{ Min ..	2	4.1	10.3	4.7	78.6	1.3	1,870	
	{ Max ..	2	4.4	11.1	5.4	78.7	1.4	1,880	
Oatmeal	{ Avg ..	2	4.3	10.7	5.0	78.7	1.3	1,875	
	{ Min ..	13	2.9	12.9	6.0	64.5	1.5	1,815	
	{ Max ..	13	8.8	19.1	8.8	70.2	2.2	1,870	
Oats, rolled	{ Avg ..	13	7.2	15.6	7.3	68.0	1.9	1,860	
	{ Min ..	11	1.8	14.6	5.8	62.8	1.7	1,760	
	{ Max ..	11	11.2	18.4	8.8	71.8	2.5	1,975	
Rice	{ Avg ..	11	7.2	16.9	7.2	66.8	1.9	1,860	
	{ Min ..	13	11.4	5.9	.1	77.7	.3	1,600	
	{ Max ..	13	13.3	9.5	.7	80.9	.5	1,655	
Rice, boiled	{ Avg ..	13	12.4	7.8	.4	79.0	.4	1,630	
Rice, flour		1	52.7	5.0	.1	41.9	.3	875	
	{ Min ..	5	3.7	4.7	1.7	57.3	6.6	1,590	
	{ Max ..	5	11.5	12.0	12.7	79.2	10.7	1,810	
	{ Avg ..	5	9.1	9.1	7.4	65.9	8.5	1,705	

¹ Refuse, bran removed by sifting.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Other flours, meals, etc.—Continued.								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Rye meal or flour.....	{ Min .. 7	11.9	6.0	.8	77.6	.6	1,615
	{ Max .. 7	13.6	8.8	1.3	79.8	.9	1,650
	{ Avg .. 7	12.7	7.1	.9	78.5	.8	1,630
Bread, crackers, and pastry.								
Bread:								
White.....	{ Min .. 108	26.0	7.3	.2	42.0	.6	940
	{ Max .. 108	49.1	15.4	3.8	60.7	1.9	1,415
	{ Avg .. 108	35.4	9.5	1.2	52.8	1.1	1,205
Brown	1	40.0	5.0	2.4	50.7	1.9	1,135
Corn, johnny cake	{ Min .. 2	28.4	6.9	2.3	40.3	3.0	975
	{ Max .. 2	47.5	10.1	3.1	54.3	4.1	1,330
	{ Avg .. 2	38.0	8.5	2.7	47.3	3.5	1,150
Cassava.....	1	10.5	9.1	.3	79.0	1.1	1,650
Gluten.....	1	35.7	11.1	2.4	48.6	2.2	1,210
Graham	{ Min .. 2	30.5	7.4	1.4	53.3	1.4	1,230
	{ Max .. 2	34.2	9.5	2.3	58.4	1.6	1,320
	{ Avg .. 2	32.3	8.5	1.8	55.9	1.5	1,275
Rye	{ Min .. 4	30.0	8.4	.4	52.2	1.0	1,180
	{ Max .. 4	35.0	11.1	1.2	59.7	2.1	1,305
	{ Avg .. 4	31.8	10.1	.7	55.9	1.5	1,255
Rye and wheat	1	35.3	11.9	.3	51.5	1.0	1,190
Rolls, milk.....	1	26.7	8.5	9.6	54.4	.8	1,575
Rolls, water	{ Min .. 2	31.2	8.5	2.0	52.5	1.1	1,300
	{ Max .. 2	34.0	9.6	3.9	55.8	1.4	1,300
	{ Avg .. 2	32.6	9.1	3.0	54.1	1.2	1,300
Rolls, wheat, white.....	{ Min .. 3	18.4	8.6	.4	56.7	.7	1,350
	{ Max .. 3	26.9	11.9	9.4	64.7	1.0	1,610
	{ Avg .. 3	23.3	10.2	5.2	60.4	.9	1,530
Average all analyses of rolls.....	{ Min .. 6	18.4	8.5	.4	52.5	.7	1,300
	{ Max .. 6	34.0	11.9	9.6	64.7	1.4	1,610
	{ Avg .. 6	26.9	9.6	5.2	57.3	1.0	1,465
Biscuit	1	22.9	9.3	13.7	52.6	1.5	1,730
Buns, cinnamon.....	1	23.6	9.4	7.2	59.1	.7	1,575
Buns, hot cross	1	36.7	7.9	4.8	49.7	.9	1,275
Buns, sugar	{ Min .. 2	26.6	7.6	6.8	49.0	.8	1,340
	{ Max .. 2	35.3	8.3	9.4	54.9	1.3	1,575
	{ Avg .. 2	31.0	8.0	8.1	51.9	1.0	1,455
Average of all buns.....	{ Min .. 4	23.6	7.6	4.8	49.0	.7	1,340
	{ Max .. 4	36.7	9.4	9.4	59.1	1.3	1,575
	{ Avg .. 4	30.5	8.3	7.1	53.2	.9	1,445
Cake:								
Baker's	1	28.3	4.6	5.9	60.5	.7	1,460
Coffee	{ Min .. 2	28.1	8.3	6.3	52.4	.7	1,395
	{ Max .. 2	32.0	9.0	6.8	55.4	1.0	1,485
	{ Avg .. 2	30.1	8.6	6.6	53.9	.8	1,440
Cup	1	16.3	6.6	2.5	73.8	.8	1,600
Drop.....	1	16.6	7.6	14.7	60.3	.8	1,880
Frosted	{ Min .. 3	11.4	5.3	8.6	58.3	1.3	1,545
	{ Max .. 3	26.5	7.5	10.6	67.3	3.4	1,835
	{ Avg .. 3	17.7	6.2	9.4	64.3	2.4	1,705
Fruit.....	{ Min .. 3	14.4	5.3	9.3	60.9	1.4	1,720
	{ Max .. 3	18.1	6.7	12.6	67.5	2.2	1,790
	{ Avg .. 3	16.9	6.2	10.5	64.7	1.7	1,760
Gingerbread.....	1	16.1	5.4	9.5	64.7	4.3	1,705
Marble	1	18.5	7.1	9.3	63.9	1.2	1,715
Sponge.....	{ Min .. 2	6.3	5.7	6.4	69.4	1.6	1,665
	{ Max .. 2	16.9	7.3	12.8	71.1	2.5	2,000
	{ Avg .. 2	11.6	6.5	9.6	70.3	2.0	1,830
Average of all cake ¹	{ Min .. 8	6.3	4.6	2.5	52.4	.7	1,395
	{ Max .. 8	32.0	9.0	14.7	73.8	2.5	1,880
	{ Avg .. 8	20.4	7.0	8.1	63.4	1.1	1,650
Cookies, molasses	{ Min .. 3	4.5	6.0	8.1	74.4	1.5	1,925
	{ Max .. 3	5.7	6.8	11.8	78.4	2.4	1,995
	{ Avg .. 3	5.1	6.5	9.5	76.9	2.0	1,950
Cookies, sugar	{ Min .. 3	4.5	4.5	5.3	69.4	1.1	1,875
	{ Max .. 3	10.4	8.0	11.2	84.4	3.4	1,915
	{ Avg .. 3	7.1	6.8	8.9	75.3	1.9	1,900
Crackers, Boston	1	8.2	10.7	9.9	68.8	2.4	1,895
Crackers, butter.....	1	6.9	9.2	13.6	69.4	.9	2,035
Crackers, cream or milk	1	7.0	9.3	13.1	69.2	1.4	2,010
Crackers, graham	1	5.0	9.8	13.6	69.7	1.9	2,050
Crackers, oatmeal.....	1	4.9	10.4	13.7	69.6	1.4	2,065
Crackers, oyster.....	{ Min .. 2	3.8	10.7	4.8	70.9	.9	1,855
	{ Max .. 2	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg .. 2	4.3	11.0	8.8	74.2	1.7	1,955

¹Except frosted, fruit, and gingerbread.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Bread, crackers, and pastry—Continued.</i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Crackers, pilot bread	1	7.9	12.4	4.4	74.2	1.1	1,795	
Crackers, soda	1	8.0	10.3	9.4	70.5	1.8	1,900	
Doughnuts.....	{ Min ..	5	11.6	5.1	16.4	45.8	.6	1,880	
	{ Max ..	5	25.8	7.6	25.7	63.2	1.4	2,155	
	{ Avg ..	5	17.9	6.6	21.9	52.6	1.0	2,025	
Jumbles	1	24.8	6.3	15.7	51.9	1.3	1,745	
Pie, apple	{ Min ..	3	41.8	2.6	7.7	40.3	.9	1,180	
	{ Max ..	3	45.5	3.8	11.3	43.3	2.8	1,295	
	{ Avg ..	3	43.2	3.3	9.8	41.7	2.0	1,250	
Pie, cream.....	{ Min ..	2	27.8	5.6	6.9	54.1	1.1	1,430	
	{ Max ..	2	30.9	7.0	9.3	55.8	1.5	1,535	
	{ Avg ..	2	29.4	6.3	8.1	54.9	1.3	1,480	
Pie, custard	1	62.4	4.2	6.3	26.1	1.0	830	
Pie, lemon	1	47.4	3.6	10.1	37.4	1.5	1,190	
Pie, mince.....	{ Min ..	2	34.1	5.5	9.7	30.4	1.3	1,115	
	{ Max ..	2	51.1	7.5	14.5	44.0	1.9	1,530	
	{ Avg ..	2	42.6	6.5	12.1	37.2	1.6	1,325	
Pie, squash	1	64.2	4.4	8.4	21.7	1.3	840	
Average of all pie.....	{ Min ..	10	27.8	2.6	6.3	21.7	.9	840	
	{ Max ..	10	64.2	7.5	14.5	55.8	2.8	1,535	
	{ Avg ..	10	44.8	4.6	9.5	39.6	1.5	1,220	
Pudding, tapioca	{ Min ..	2	52.0	3.0	2.6	21.9	.9	570	
	{ Max ..	2	71.6	4.2	4.8	38.1	.9	990	
	{ Avg ..	2	61.8	3.6	3.7	30.0	.9	780	
Wafers, vanilla	1	5.8	6.8	15.7	71.2	.5	2,115	
<i>Sugars.</i>									
Honey, strained	{ Min ..	30	68.1	1,265	
	{ Max ..	30	80.7	1,500	
	{ Avg ..	30	75.1	1,395	
Molasses	{ Min ..	12	19.6	58.8	1.4	1,180	
	{ Max ..	12	33.6	5.1	.1	73.2	7.2	1,400	
	{ Avg ..	12	25.7	2.7	68.0	3.6	1,315	
Sugar, extra C and similar sugars	95.0	1,765	
Sugar, granulated.....	100.0	1,860	
Sugar, maple	{ Min ..	17	74.0	1,375	
	{ Max ..	17	95.2	1,770	
	{ Avg ..	17	82.8	1,540	
Sirup, maple	{ Min ..	50	45.9	930	
	{ Max ..	50	81.9	1,525	
	{ Avg ..	50	70.1	1,305	
<i>Starches.</i>									
Tapioca	{ Min ..	2	10.8	.3	.2	86.6	.2	1,635	
	{ Max ..	2	12.3	.6	.3	88.4	.5	1,660	
	{ Avg ..	2	11.6	.4	.3	87.5	.2	1,650	
Starch	98.0	1,825	
<i>Vegetables.¹</i>									
Artichokes, as purchased	{ Min ..	2	77.5	2.2	.1	15.3	.9	330	
	{ Max ..	2	81.5	2.9	.2	18.3	1.1	395	
	{ Avg ..	2	79.5	2.6	.2	16.7	1.0	365	
Asparagus, as purchased.....	{ Min ..	3	93.6	1.6	.2	3.1	.5	100	
	{ Max ..	3	94.0	2.1	.3	3.6	1.0	110	
	{ Avg ..	3	94.0	1.8	.2	3.3	.7	105	
Beans, dried, as purchased.....	{ Min ..	9	10.4	19.9	1.4	57.2	2.7	1,540	
	{ Max ..	9	15.5	26.6	3.1	63.5	4.4	1,690	
	{ Avg ..	9	13.2	22.3	1.8	59.1	3.6	1,590	
Beans, Lima, dried, as purchased ..	{ Min ..	3	9.9	12.8	1.6	61.6	3.6	1,600	
	{ Max ..	3	12.2	20.9	1.9	70.1	4.7	1,645	
	{ Avg ..	3	11.1	15.9	1.8	67.1	4.1	1,620	
Beans, Lima, green, as purchased.....	1	68.5	7.1	.7	22.0	1.7	570	
Beans, string, as purchased	{ Min ..	2	83.5	1.7	.3	6.2	.7	165	
	{ Max ..	2	91.0	2.8	.4	12.6	.8	300	
	{ Avg ..	2	87.3	2.2	.4	9.4	.7	225	
Beets	{ Min ..	17	83.0	.9	.1	4.0	.7	115	
	{ Max ..	17	92.9	1.9	.2	13.7	1.3	300	
	{ Avg ..	17	87.6	1.6	.1	9.6	1.1	210	
Brussels sprouts	{ As purchased ..	17	20.0	70.0	1.3	.1	7.7	.9	170
	{ Edible portion ..	1	88.2	4.7	1.1	4.3	1.7	215	
	{ As purchased ..	1	15.0	75.0	4.0	.9	3.7	1.4	180
Cabbage	{ Min ..	7	86.0	1.4	.1	3.4	.6	100	
	{ Max ..	7	94.3	2.9	.7	8.0	2.7	225	
	{ Avg ..	7	90.3	2.1	.4	5.8	1.4	165	
As purchased	{ Min ..	7	15.0	76.8	1.8	.3	4.9	1.2	140

¹ Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible matter, skin, seeds, etc. The amount varies with the way they are prepared, and can not be accurately estimated. The figures given for refuse under vegetables approximately represent the average amount of refuse in these foods as ordinarily prepared.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.										
Vegetables—Continued.			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Carrots	{	Edible portion.. { Min ..	17	83.1	.7	6.5	.6	155	
		Max ..	17	91.1	2.0	.7	13.8	1.6	255	
		Avg ..	17	88.2	1.1	.4	9.2	1.1	210	
		As purchased Avg ..	17	20.0	70.5	.9	.3	7.4	.9	170
Canliflower, head, as purchased		1	90.8	1.6	.8	6.0	.8	175		
Celery, as purchased		1	94.4	1.4	.1	3.0	1.1	85		
Corn, green (sweet), edible portion		1	81.3	2.8	1.1	14.1	.7	360		
Cucumbers	{	Edible portion.. { Min ..	2	95.7	.8	.2	2.2	.5	65	
		Max ..	2	96.3	.8	.2	2.8	.9	75	
		Avg ..	2	96.0	.8	.2	2.5	.5	70	
		As purchased Avg ..	2	15.0	81.6	.7	.2	2.1	.4	60
Eggplant, as purchased		1	92.9	1.2	.3	5.1	.5	130		
Greens, as purchased	{	Edible portion.. { Min ..	2	81.4	2.4	.8	7.1	2.5	265	
		Max ..	2	84.4	5.2	1.0	10.6	4.6	285	
		Avg ..	2	82.9	3.8	.9	8.9	3.5	275	
		As purchased Avg ..	2	90.9	1.7	.1	5.4	1.3	140	
Kohl rabi, as purchased	{	Max ..	2	91.3	2.3	.1	5.6	1.3	145	
		Avg ..	2	91.1	2.0	.1	5.5	1.3	145	
		Edible portion	1	91.8	1.2	.5	5.8	.7	150	
Leeks	{	As purchased	1	15.0	78.0	1.0	.4	5.0	.6	130
Lentils, as purchased		1	10.7	26.0	1.5	58.6	3.2	1,635		
Lettuce	{	Edible portion.. { Min ..	6	91.5	1.0	.2	2.1	.8	60	
		Max ..	6	95.9	1.8	.6	4.9	1.2	150	
		Avg ..	6	94.0	1.3	.4	3.3	1.0	105	
		As purchased Avg ..	6	18.0	77.1	1.1	.3	2.7	.8	85
Okra, as purchased		1	87.4	2.0	.4	9.5	.7	230		
Onions	{	Edible portion.. { Min ..	8	81.5	.2	.2	4.4	.4	120	
		Max ..	8	93.5	4.4	.8	15.5	1.2	335	
		Avg ..	8	87.3	1.7	.4	9.9	.7	235	
		As purchased Avg ..	8	10.0	78.6	1.5	.4	8.9	.6	210
Parsnips	{	Edible portion.. { Min ..	2	79.5	1.5	.4	15.5	1.5	340	
		Max ..	2	80.3	1.9	.8	16.7	1.9	375	
		Avg ..	2	79.9	1.7	.6	16.1	1.7	355	
		As purchased Avg ..	2	20.0	63.9	1.3	.5	12.9	1.4	285
Peas, dried as purchased	{	Min ..	5	8.5	20.4	.9	50.1	2.2	1,555	
		Max ..	5	15.0	26.3	1.3	67.4	2.9	1,685	
		Avg ..	5	10.8	24.1	1.1	61.5	2.5	1,640	
Peas, cowpeas, dried, as purchased	{	Min ..	11	10.0	19.3	1.2	53.1	2.9	1,450	
		Max ..	11	20.9	23.0	1.6	65.4	3.8	1,650	
		Avg ..	11	13.0	21.3	1.4	60.9	3.4	1,590	
Peas, green	{	Edible portion ¹	1	78.1	4.4	.5	16.1	.9	400	
		As purchased	1	50.0	39.0	2.2	.3	8.0	.5	200
Peas, sugar, green, as purchased		1	81.8	3.4	.4	13.7	.7	335		
Pickles, cucumber, as purchased		1	89.0	.5	.5	5.4	4.6	130		
Pickles, horse-radish, as purchased		1	87.5	1.2	.2	9.6	1.5	210		
Potatoes, boiled, as purchased	{	Min ..	3	69.7	2.6	.1	20.2	.9	430	
		Max ..	3	76.0	3.0	.4	25.5	1.4	545	
		Avg ..	3	73.7	2.7	.2	22.3	1.1	475	
Potato chips, fried, as purchased		1	1.8	7.6	35.5	50.6	4.5	2,580		
Potatoes, raw ...	{	Edible portion.. { Min ..	57	67.8	1.1	15.6	.6	315	
		Max ..	57	82.2	3.0	.2	27.4	1.9	570	
		Avg ..	57	78.9	2.1	.1	18.0	.9	380	
		As purchased Avg ..	57	15.0	67.1	1.8	.1	15.3	.7	325
Potatoes, sweet.	{	Edible portion.. { Min ..	88	45.8	.4	.2	17.1	.8	385	
		Max ..	88	79.0	3.6	1.3	49.1	2.0	1,175	
		Avg ..	88	69.3	1.8	.7	27.1	1.1	565	
		As purchased Avg ..	88	15.0	58.9	1.5	.6	23.1	.9	480
Pumpkins	{	Edible portion.. { Min ..	3	92.3	.9	.1	3.9	.6	95	
		Max ..	3	94.4	1.1	.2	5.9	.7	135	
		Avg ..	3	93.1	1.0	.1	5.2	.6	120	
	{	As purchased Avg ..	3	50.0	46.6	.5	2.6	.3	60
Radishes	{	Edible portion.. { Min ..	3	86.6	.5	5.4	.7	115	
		Max ..	3	93.3	3.0	.3	8.3	1.8	225	
		Avg ..	3	90.8	1.4	.1	6.6	1.1	155	
	{	As purchased Avg ..	3	30.0	63.6	1.0	.1	4.6	.7	110
Rhubarb	{	Edible portion.. { Min ..	2	92.7	.3	.1	2.9	.6	65	
		Max ..	2	96.1	.8	1.2	4.4	.9	145	
		Avg ..	2	94.4	.6	.7	3.6	.7	105	
	{	As purchased Avg ..	2	40.0	56.6	.4	.4	2.2	.4	65
Ruta-bagas	{	Edible portion.. { Min ..	5	87.1	.9	.1	6.2	.7	135	
		Max ..	5	91.8	2.0	.3	10.3	1.4	220	
		Avg ..	5	88.9	1.3	.2	8.5	1.1	190	
	{	As purchased Avg ..	5	30.0	62.2	.9	.1	6.0	.8	135

¹ Refuse, pods.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Vegetables—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Sauerkraut, as purchased	1	-----	86.3	1.5	.8	4.4	7.0	145
Spinach, as purchased	1	-----	92.4	2.1	.5	3.1	1.9	120
Squash	{ Min ..	7	78.9	.6	.1	3.5	.4	90
	{ Max ..	7	95.2	3.6	1.4	16.4	1.6	385
	{ Avg ..	7	86.5	1.6	.6	10.4	.9	245
As purchased	Avg ..	7	50.0	43.3	.8	5.2	.4	125
Tomato catsup, as purchased	1	-----	77.7	2.0	.4	16.1	3.8	355
Tomatoes, as purchased	{ Min ..	20	91.3	.7	.3	2.2	.3	75
	{ Max ..	20	96.3	1.0	.5	6.5	.7	160
	{ Avg ..	20	94.4	.8	.4	3.9	.5	105
Turnips	{ Min ..	14	70.1	.7	.1	4.3	.6	120
	{ Max ..	14	92.7	3.9	.4	23.8	2.1	520
	{ Avg ..	14	88.9	1.4	.2	8.7	.8	195
As purchased	Avg ..	14	30.0	62.2	1.0	6.1	.6	135
Yeast, as purchased	1	-----	65.1	11.7	.4	21.0	1.8	625
<i>Vegetables, canned.</i>								
Artichokes, as purchased	{ Min ..	3	90.2	.5	-----	3.2	1.4	85
	{ Max ..	3	93.9	1.0	-----	6.2	2.2	140
	{ Avg ..	3	92.5	.8	-----	5.0	1.7	110
Asparagus, as purchased	{ Min ..	14	92.9	.9	-----	2.2	.8	70
	{ Max ..	14	95.4	2.4	.2	4.1	1.8	120
	{ Avg ..	14	94.4	1.5	.1	2.8	1.2	85
Beans and pork, baked, as purchased.	{ Min ..	15	50.9	5.1	1.3	13.1	1.7	425
	{ Max ..	15	78.2	8.1	6.7	23.2	2.6	965
	{ Avg ..	15	68.0	6.9	3.3	19.7	2.1	665
Beans, string, as purchased	{ Min ..	28	77.3	.6	-----	2.0	.5	45
	{ Max ..	28	96.3	4.0	.5	13.5	4.7	345
	{ Avg ..	28	93.6	1.1	.1	3.9	1.3	95
Beans, French string, "haricot verts," as purchased.	{ Min ..	7	94.3	.9	-----	2.1	.9	55
	{ Max ..	7	96.1	1.4	.3	3.0	1.3	95
	{ Avg ..	7	95.2	1.1	.1	2.5	1.1	70
Beans, French string, "haricot flageolets," as purchased.	{ Min ..	3	80.4	4.0	-----	10.8	1.0	280
	{ Max ..	3	83.9	5.2	.1	13.4	1.0	350
	{ Avg ..	3	81.6	4.6	.1	12.5	1.2	320
Beans, French string, "haricot panachés," as purchased	1	-----	86.1	3.7	-----	9.2	1.0	240
Beans, Lima, as purchased	{ Min ..	16	75.7	3.2	.2	10.5	1.0	280
	{ Max ..	16	83.9	5.6	.5	17.9	2.6	445
	{ Avg ..	16	79.5	4.0	.3	14.6	1.6	360
Beans, shelled, as purchased	1	-----	72.7	7.0	.2	18.5	1.6	480
Brussels sprouts, as purchased	1	-----	93.7	1.5	.1	3.4	1.3	95
Corn, green, as purchased	{ Min ..	48	68.3	2.2	.7	11.5	.5	310
	{ Max ..	48	83.7	3.7	1.9	23.5	1.6	610
	{ Avg ..	48	75.7	2.8	1.3	19.3	.9	465
Corn and tomatoes, as purchased ..	{ Min ..	2	83.6	1.2	.4	6.4	.5	160
	{ Max ..	2	91.5	2.1	.4	12.7	1.2	295
	{ Avg ..	2	87.6	1.6	.4	9.6	.8	225
Macedoine, ¹ as purchased	{ Min ..	5	91.5	.7	-----	2.3	.8	55
	{ Max ..	5	95.9	1.7	-----	5.7	1.2	135
	{ Avg ..	5	93.1	1.4	-----	4.5	1.0	110
Okra, as purchased	{ Min ..	4	94.0	.5	-----	3.3	.3	75
	{ Max ..	4	94.9	.9	.2	3.9	1.7	95
	{ Avg ..	4	94.4	.7	.1	3.6	1.2	85
Okra and tomatoes, as purchased ..	{ Min ..	3	91.4	1.1	.2	4.8	1.4	125
	{ Max ..	3	92.3	1.2	.3	5.7	1.8	135
	{ Avg ..	3	91.8	1.1	.3	5.2	1.6	130
Peas, green (<i>Pisum sativum</i>), as purchased.	{ Min ..	87	77.5	1.6	-----	4.9	.3	130
	{ Max ..	87	92.7	6.1	.8	17.4	2.0	415
	{ Avg ..	87	85.3	3.6	.2	9.8	1.1	255
Potatoes, sweet, as purchased	{ Min ..	2	42.0	1.3	.3	29.2	.8	565
	{ Max ..	2	68.4	2.6	.5	53.6	1.3	1,065
	{ Avg ..	2	55.2	1.9	.4	41.4	1.1	820
Pumpkin, as purchased	{ Min ..	7	88.2	.5	.1	4.7	.4	100
	{ Max ..	7	94.3	1.2	.4	9.6	1.5	205
	{ Avg ..	7	91.6	.8	.2	6.7	.7	150
Squash, as purchased	{ Min ..	5	85.6	.2	.1	8.2	.2	185
	{ Max ..	5	89.9	1.6	1.2	13.9	.7	260
	{ Avg ..	5	87.6	.9	.5	10.5	.5	235
Succotash, as purchased	{ Min ..	11	71.4	2.9	.7	14.9	.7	375
	{ Max ..	11	79.9	4.4	1.2	22.4	1.4	495
	{ Avg ..	11	75.9	3.6	.9	18.7	.9	455
Tomatoes, as purchased	{ Min ..	14	93.0	.3	.2	2.3	.4	80
	{ Max ..	14	95.6	1.6	.3	5.2	1.2	135
	{ Avg ..	14	94.0	1.2	.2	4.0	.6	105

¹ A mixture of young vegetables.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
Fruit, berries, etc., fresh. ¹		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Apples	{ Edible portion .	{ Min .. 10	77.3	.1	.2	11.9	.2	300	
		{ Max .. 10	84.1	.8	1.4	21.3	.6	425	
		{ Avg .. 10	82.0	.5	.5	16.6	.4	340	
Apricots	{ As purchased .	{ Avg .. 10	25.0	61.5	.4	.4	12.4	.3	255
		{ Edible portion .	{ Avg .. 11	85.0	1.1	13.4	.5	270	
		{ As purchased .	{ Avg .. 11	6.0	79.9	1.0	12.6	.5	255
Bananas, yellow	{ Edible portion .	{ Min .. 3	66.3	.6	.2	15.4	.9	330	
		{ Max .. 3	82.1	1.6	1.4	29.8	1.1	640	
		{ Avg .. 3	74.1	1.2	.8	22.9	1.0	480	
	{ As purchased .	{ Avg .. 3	40.0	44.5	.7	.5	13.7	.6	290
Blackberries, as purchased		1	88.9	.9	2.1	7.5	.6	245	
Cherries, edible portion		1	86.1	1.1	.8	11.4	.6	265	
Citron melons, dried, as purchased		1	25.6	.4	.6	72.5	.9	1,380	
Cranberries, as purchased	{ Min .. 2	87.6	.4	.6	9.3	.2	205		
	{ Max .. 2	89.4	.5	.9	10.9	.2	250		
	{ Avg .. 2	88.5	.5	.7	10.1	.2	225		
Figs, fresh, as purchased		28	79.1	1.5	18.8	.6	380		
Grapes	{ Edible portion .	4	78.8	1.3	1.7	17.7	.5	425	
	{ As purchased .	4	25.0	59.1	1.0	1.3	13.3	.3	320
Lemons	{ Min .. 2	88.4	.8	.3	8.2	.5	180		
	{ Edible portion .	{ Max .. 2	90.2	1.1	1.5	8.5	.5	240	
		{ Avg .. 2	89.3	1.0	.9	8.3	.5	210	
	{ As purchased .	{ Avg .. 2	30.0	62.5	.7	.6	5.8	.4	145
Lemons, whole fruit, as purchased ..	{ Avg .. 23	85.0	1.0	.1	13.4	.5	270		
Lemon juice, as purchased					9.8				
Muskmelons	{ Edible portion .	1	89.5	.6	9.3	.6	185		
	{ As purchased .	1	50.0	44.8	.3	4.6	.3	90	
Nectarines	{ Edible portion .	1	82.9	.6	15.9	.6	305		
	{ As purchased .	1	6.6	77.4	.6	14.8	.6	285	
Oranges	{ Edible portion .	13	88.3	.8	3.6	29.7	3.6	220	
	{ As purchased .	13	27.0	64.5	.6	3.4	7.1	3.4	160
Pears	{ Edible portion .	1	83.9	.6	.8	14.2	.5	310	
	{ As purchased .	1	25.0	62.9	.5	.6	10.6	.4	235
Pineapples, edible portion		1	89.3	.4	.3	9.7	.3	200	
Plums	{ Edible portion .	3	78.4	1.0	20.1	.5	390		
	{ As purchased .	1	4.8	74.6	1.0	19.1	.5	370	
Prunes, fresh ...	{ Edible portion .	20	80.2	.8	18.5	.5	360		
	{ As purchased .	1	5.8	75.6	.7	17.4	.5	335	
Raspberries, as purchased		1	85.8	1.0	12.6	.6	255		
Strawberries ...	{ Min .. 19	87.7	.6	.5	4.4	.4	120		
	{ Edible portion .	{ Max .. 19	94.0	1.1	1.1	9.7	.8	235	
		{ Avg .. 19	90.9	1.0	.7	6.8	.6	175	
	{ As purchased .	{ Avg .. 19	10.0	81.8	.9	.6	6.1	.6	155
Watermelons ...	{ Edible portion .	1	92.9	.3	.1	6.5	.2	130	
	{ As purchased .	1	58.0	39.0	.2	2.7	.1	55	
Whortleberries, as purchased		1	82.4	.7	3.0	13.5	.4	390	
Fruit, dried.									
Apples, dried, as purchased	{ Min .. 3	28.2	1.2	1.4	48.6	1.4	985		
	{ Max .. 3	47.4	1.7	5.0	62.8	2.7	1,405		
	{ Avg .. 3	36.2	1.4	3.0	57.6	1.8	1,225		
Apricots, dried, as purchased	{ Avg ⁴ ..	32.4	2.9	563.3	1.4	1,230			
Carrants, Zante, dried, as purchas- ed.	{ Min .. 2	20.6	1.0	1.2	60.0	2.2	1,195		
	{ Max .. 2	35.1	1.5	4.7	71.4	2.3	1,540		
	{ Avg .. 2	27.9	1.2	3.0	65.7	2.2	1,370		
Dates, dried	{ Edible portion .	1	20.8	2.2	5.1	70.4	1.5	1,565	
	{ As purchased .	1	12.0	18.3	1.9	4.5	61.9	1.4	1,375
Figs, dried, as purchased	{ Avg ⁴ ..	22.5	5.1	570.0	2.4	1,395			
Grapes, ground, dried, as purchased ..		1	34.8	2.9	.6	60.5	1.2	1,205	
Prunes, dried ...	{ Edible portion .	Avg ⁴ ..	26.4	2.4	.8	68.9	1.5	1,360	
	{ As purchased .	Avg ⁴ ..	15.0	22.4	2.0	.7	58.6	1.3	1,155
Raisins, as purchased	{ Min .. 2	7.1	2.3	2.3	71.3	3.1	1,465		
	{ Max .. 2	21.0	2.6	7.2	78.1	5.0	1,805		
	{ Avg .. 2	14.0	2.5	4.7	74.7	4.1	1,635		

¹Fruits contain a certain proportion of inedible materials, as skin, seeds, etc., which are properly classed as refuse. In some fruits, as oranges and prunes, the amount rejected in eating is practically the same as the refuse. In others, as apples and pears, more or less edible material is ordinarily rejected with the skin, seeds, and other inedible materials. The edible material which is thus thrown away and would be properly classed with the waste is here classed with the refuse. The figures of fruits here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

²Fat not determined.

³Fat and ash not determined, but estimated from one incomplete analysis not here included.

⁴Average unknown number of analyses.

⁵Fat not determined.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Fruit, canned.</i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Apples, crab, as purchased.....	1	42.4	.3	2.4	54.4	.5	1,120	
Blackberries, as purchased	1	40.0	.8	2.1	56.4	.7	1,150	
Blueberries, as purchased	Min ..	2	84.9	.4	.4	12.2	.4	280	
	Max ..	2	85.7	.8	.9	13.8	.5	280	
	Avg ..	2	85.3	.6	.7	13.0	.4	280	
Peaches, as purchased	1	93.7	.5	.2	5.3	.3	115	
Pineapples, as purchased	1	61.8	.4	.7	36.4	.7	715	
<i>Nuts.</i>									
Chestnuts, fresh {	Edible portion {	Min ..	29.2	6.1	6.4	38.3	1.5	1,185	
	{	Max ..	44.9	8.0	10.8	54.0	1.8	1,480	
		Avg ..	5	38.5	6.9	8.0	44.9	1.7	1,300
		As purchasedAvg..	5	16.0	32.4	5.8	6.7	37.7	1.4
Chestnuts, dried {	Edible portion {	Min ..	4.8	9.0	6.6	65.7	2.6	1,840	
	{	Max ..	4	6.6	11.6	15.3	75.0	2.9	2,085
		Avg ..	4	5.8	10.6	10.0	70.9	2.7	1,940
		As purchasedAvg..	4	23.0	4.5	8.1	7.7	54.6	2.1
Cocoanut, prepared, as purchased .	Min ..	2	2.8	6.0	51.0	24.1	1.2	2,990	
	Max ..	2	4.3	6.5	63.7	39.0	1.4	3,260	
	Avg ..	2	3.5	6.3	57.4	31.5	1.3	3,125	
Peanuts {	Edible portion {	Min ..	4.9	19.5	32.3	15.3	1.9	2,415	
	{	Max ..	4	13.2	29.1	48.8	40.4	2.4	2,885
		Avg ..	4	9.2	25.8	38.6	24.4	2.0	2,560
		As purchasedAvg..	4	33.0	6.2	17.3	25.9	16.3	1.3
<i>Miscellaneous.</i>									
Chocolate.....	1	10.3	12.5	47.1	26.8	3.3	2,720	
Cocoa	Min ..	3	3.2	20.6	27.1	35.3	5.4	2,235	
	Max ..	3	5.4	22.7	31.5	40.6	8.9	2,370	
	Avg ..	3	4.6	21.6	28.9	37.7	7.2	2,320	

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